

# Nutrition During Pregnancy

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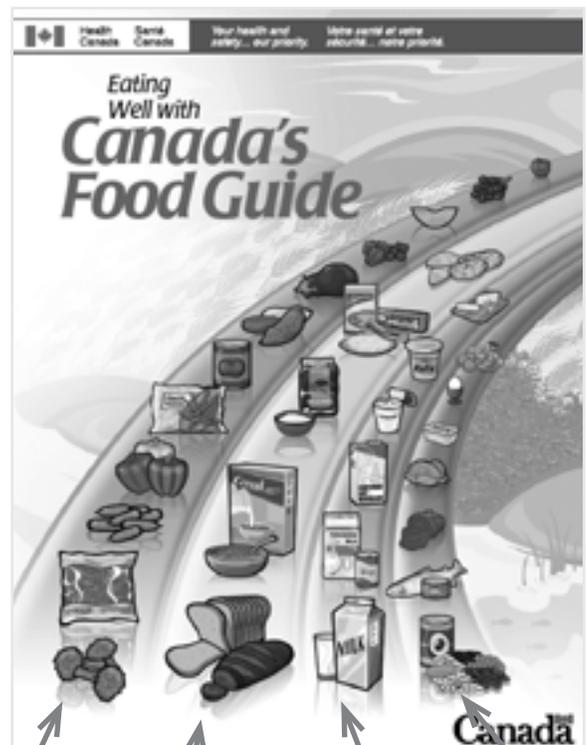
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A balanced diet, regular activity and healthy body weight promote good health and help you feel your best during pregnancy. Eat a variety of nutritious foods from all four food groups outlined by Health Canada to help you get the nutrition you and your baby need.



Vegetables and Fruits    Grain Products    Milk and Alternatives    Meat and Alternatives

During pregnancy, continue to eat regular meals and snacks daily and avoid long periods without eating. Aim for 3 meals and 3 snacks throughout the day.

**English**

This information is important! If you have trouble reading this, ask someone to help you.

**Italian**

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish**

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

## What additional nutrients do I need during my pregnancy?

1. Extra vitamins, minerals and nutrients, especially iron, calcium, Vitamin D and folic acid.

Nutrient-Packed Foods	
Iron	Red meat, chicken, fish, eggs, whole grain breads and cereals and legumes (dried beans, peas, lentils)
Folic Acid	Green leafy vegetables, orange juice, bananas and legumes, fortified whole grain bread and cereals
Vitamin D	Milk, salmon and eggs
Calcium	Milk, yogurt, cheese, sardines, tofu made with calcium, figs and almonds

### Prenatal Supplements:

Food is the ideal source for vitamins and minerals. However, when you are pregnant it is hard to get all the vitamins and minerals you need by food alone. This is why you need to take a prenatal vitamin/mineral supplement during your entire pregnancy and continue to take it when you are breastfeeding.

The supplement should contain at least 400 to 1000 mcg (micrograms) or 0.4 to 1 mg (milligram) of folic acid and 16 to 20 mg of iron.

2. Additional fluids to meet your growing baby's needs. Your body needs this extra fluid for your increasing blood volume and for your kidneys. Drink water often and when you are thirsty.

3. Additional calories. You are eating for two but not *like* two, so you do not need double the calories. **This booklet lists the recommended daily food guide servings for a female, 19 to 50 years of age.** To make sure you are getting the extra calories you need, add an **extra 2 to 3 food guide servings each day** during your second and third trimester. You may choose from any of the four food groups.

For example, on one day, you may choose to add an extra serving of milk and alternatives (for a total 3 servings, instead of the recommended 2 servings) and an extra serving of meat and alternatives (for a total 3 servings, instead of the recommended 2 servings).

By doing this, you have added an extra 2 food guide servings to your day.

### During Your First Trimester:

Continue to eat nutritiously. Your body does not need extra calories during this time, however eating a variety of foods from all food groups helps to ensure you are getting the right nutrients for you and your baby to grow.

### During Your Second Trimester:

Your body needs an **extra 350 calories per day**. To do this, add an **extra 2 to 3 servings each day** from any of the food groups. Some examples of how to add additional servings to your day include:

- 1 piece of fruit and 175 g ( $\frac{3}{4}$  cup) of yogurt
- 1 extra piece of toast at breakfast and an extra 250 mL (1 cup) of milk at supper
- 1/2 a bagel (45 g) with 50 g (1  $\frac{1}{2}$  oz) of cheese
- 30 g of cereal with 250 mL (1 cup) of milk
- Spinach salad made with 250 mL (1 cup) of spinach, one hard-boiled egg and 30 mL (2 tbsp) of walnuts.

- A bowl of cooked oatmeal (175 mL or 3/4 cup) made with 30 mL (2 tbsp) ground almonds, 60 mL (1/4 cup) applesauce and cinnamon
- Plain popcorn (500 mL or 2 cups), sprinkled with your favourite flavouring (such as cinnamon, garlic powder, curry powder, hot sauce or finely grated parmesan cheese). Pair this with a tall glass of soda water, mixed with 125 mL (1/2 cup) orange juice and a squeeze of lemon juice
- English muffin topped with 1 slice of Swiss cheese and half of a sliced pear.

### During Your Third Trimester:

Your body needs an **extra 450 calories per day**. To do this, add an **extra 2 to 3 servings each day** from any of the food groups. Some examples of how to add additional servings to your day include\*:

- Pasta salad made with 125 mL (1/2 cup) of pasta, 125 mL (1/2 cup) of cut-up vegetables, and 75 g (2 1/2 oz) chicken
- 1/2 a pita bread (35 g), 15 mL (1 tbsp) peanut butter, 125 mL (1/2 cup) of milk and 125 mL (1/2 cup) of baby carrots
- 1 slice of whole grain bread (35 g) with 50 g (1 1/2 oz) of cheese and 125 mL (1/2 cup) of orange juice
- A sandwich made with 2 slices (35 g each) of pumpernickel bread and 75 g (2 1/2 oz)/125 mL (1/2 cup) canned salmon or tuna.

\*Source: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/chose-choix/advice-conseil/women-femmes-eng.php>

## How much weight should I gain?

Gaining a healthy amount of weight during pregnancy is expected. Gaining weight is a sign that your body is changing to your developing baby's needs and that your baby is growing. There are guidelines for healthy weight gain during pregnancy. It is best to gain weight slowly and steadily. Weight loss during pregnancy is discouraged.

Pre-Pregnancy Body Mass Index (BMI)	Recommended Total Weight Gain During Pregnancy		Average Weight Gain in 2nd and 3rd Trimester	
	Kilograms (kg)	Pounds (lb)	kg per week	lb per week
18.4 or less (Underweight)	12.5 to 18	28 to 40	0.5	1
18.5 to 24.9 (Normal weight)	11.5 to 16	25 to 35	0.4	1
25 to 29.9 (Overweight)	7 to 11.5	15 to 25	0.3	0.6
30 or more (Obese)	5 to 9	11 to 20	0.2	0.5

To find out what your recommended weight gain is, use the Pregnancy Weight Gain Calculator from Health Canada: <http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/bmi/index-eng.php>

# Vegetables and Fruits

## What example foods are in the vegetables and fruits group?

- Oranges
- Melons
- Berries
- Grapes
- Apples
- Grapefruits
- Dark green lettuce
- Cabbage
- Peppers
- Broccoli
- Squash
- Carrots

## Why do I need to eat vegetables and fruits?

Vegetables and fruits give you a whole range of nutrients important to keep you and your baby healthy. All vegetables and fruits contain carbohydrates and various vitamins (like vitamins A, B6, C and E), as well as fibre and folic acid. Eating a variety of vegetables and fruit will help make sure you are getting enough of each vitamin or mineral.

Vitamin A (typically found in orange-coloured vegetables and fruits) helps build your baby's strong bones and helps with vision. Vitamin B6 helps with the baby's normal growth.

## How many servings of vegetables and fruits should I have each day?

Eat 7 to 8 servings of vegetables and fruits each day.

## What is one recommended serving of vegetables and fruits?

One serving of vegetables or fruits is equal to:

- 1 medium fruit, such as an apple, orange, pear, peach or banana
- 125 mL (1/2 cup) berries or cut-up fruit, such as strawberries, blueberries or raspberries
- 125 mL (1/2 cup) fresh or frozen vegetables, or cooked leafy vegetables
- 250 mL (1 cup) raw leafy vegetables, such as a salad
- 125 mL (1/2 cup) 100% orange or apple juice.

## What are easy ways to add vegetables and fruits to my healthy meal plan?

- Eat a fruit and/or vegetable with each meal and snack
- Add fresh fruit to your cereal, yogurt or salads
- Make your dishes colourful by adding at least 3 different kinds of vegetables to your salads, casserole dishes, or as a side dish
- Choose whole fruits over juices at breakfast
- Choose frozen vegetables or fruit for easy meal preparation



# Grain Products

## What example foods are in the grain products group?

- Whole wheat bread or bagels
- Pita, roti or chapatti
- Cereal
- Rice
- Pasta
- Quinoa
- Bulgur
- Couscous

## Why do I need to eat grain products?

Eating whole grain breads and cereals every day helps give you the carbohydrates, fibre and folic acid you need daily.

Carbohydrates are important to healthy eating because they give your body energy, keep your blood sugars at a healthy level, and give you the extra calories you need. Fibre helps to prevent or manage constipation and control blood sugar levels. Folate is important for your baby's growth and for making blood cells.

## How many servings of grain products should I have each day?

Eat 6 to 7 servings of grain products each day.

## What is one recommended serving of grain products?

One serving of grain products is equal to:

- 1 slice of whole wheat bread, 1/2 bagel, pita or tortilla
- 175 mL (3/4 cup) cooked cereal, such as oatmeal or Cream of Wheat®
- 30 g high-fibre ready-to-eat cold cereal, such as Life® Multigrains™, All Bran® or Shreddies®
- 125 mL (1/2 cup) cooked brown rice, whole wheat pasta, quinoa

## What are easy ways to add grain products to my healthy meal plan?

- Enjoy a bowl of high-fibre cereal as a meal or snack
- Eat a whole grain bagel or whole grain English muffin at meals or half portions for snacks
- Add brown rice or whole wheat pasta to your meals as a side dish
- Eat whole grain crackers or salt-free pretzels as a snack.



# Milk and Alternatives

## What example foods are in the milk and alternatives group?

- Milk
- Fortified soy milk
- Enriched rice or almond milk
- Yogurt
- Cheese
- Cottage cheese

## Why do I need to eat milk and alternative products?

Milk and alternative products give you protein, calcium and vitamin D. Calcium and Vitamin D help to maintain strong bones for you and help build strong bones and teeth for your baby. If you are not getting enough, the calcium and vitamin D you have will be pulled from your bones to give to your baby.

## How many servings of milk and alternatives should I have each day?

Eat 2 servings of milk and alternatives each day.

## What is one recommended serving of milk and alternatives?

One serving of milk or alternatives is equal to:

- 250 mL (1 cup) milk, fortified soy milk, enriched rice or almond milk
- 175 g (3/4 cup) yogurt
- 50 g (1 1/2 oz) of cheese

## What are easy ways to add milk and alternatives to my healthy meal plan?

- Drink a cup of milk with a meal every day or as a snack
- Choose a high-fibre cereal with milk and fresh fruit
- Eat yogurt with fresh or frozen fruit
- Choose a lower fat cheese as a snack.



# Meat and Alternatives

## What example foods are in the meat and alternatives group?

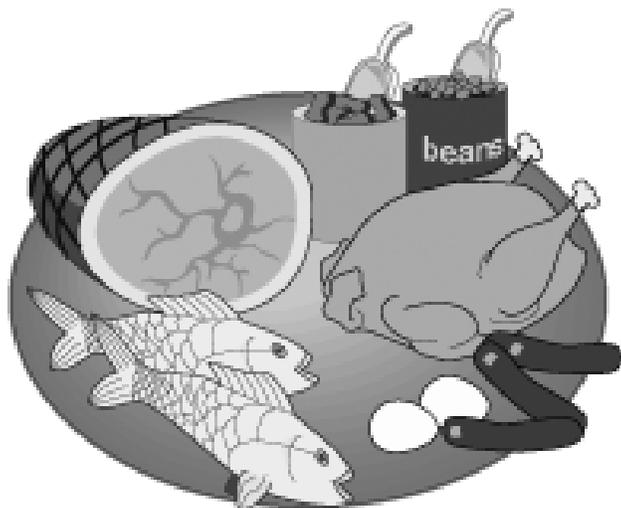
Meats	Alternatives
• Chicken	• Eggs
• Turkey	• Peanut butter
• Beef	• Tofu
• Pork	• Beans (kidney, lima)
• Lamb	• Chickpeas
• Fish	• Nuts and seeds

## Why do I need to eat meat and alternative products?

Meat and alternative products are high in protein, iron and many other vitamins and minerals important for both you and your baby during your pregnancy. Meat alternatives provide similar nutrition to meat products, giving your body the nutrients you need.

## How many servings of meat and alternatives should I eat every day?

Eat 2 servings of meat and alternatives each day.



## What is one recommended serving of meat and alternatives?

One serving of meat or alternatives is equal to:

- 125 mL (1/2 cup) ground beef, veal, turkey or chicken
- 75 g (2 1/2 oz) of cooked meat, chicken or fish (see figure 1)
- 2 eggs
- 125 mL (1/2 cup) flaked tuna/salmon or 1 small can
- 60 mL (1/4 cup) mixed nuts or seeds
- 30 mL (2 tbsp) peanut butter or other nut butters
- 175 mL (3/4 cup) tofu
- 175 mL (3/4 cup) cooked legumes.

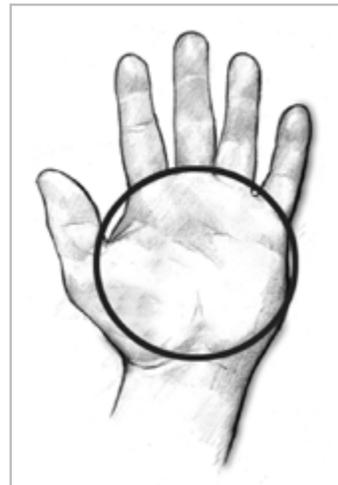


Fig.1) 2.5 ounces of meat, fish or chicken is about the size of your palm.

Image Source: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

## What are easy ways to add meat and alternatives to my healthy meal plan?

- Include one of the items listed in the recommended servings list at 2 meals each day
- Add extra meat, fish or chicken to casseroles, stir fries or soups
- Add leftover meat, fish or chicken to salads or use in sandwiches
- Add a chopped egg to salads, casseroles or use in a sandwich
- Add a handful of nuts to salads or eat nuts for a snack
- Try peanut butter on crackers, toast or banana as a snack.

## A Quick Note About FISH

Fish has omega-3 fats and other important nutrients for a healthy pregnancy. Eating fish regularly plays an important role in normal fetal growth and development of the eyes and the central nervous system. **Health Canada recommends having at least 150 g (5 oz) or 2 to 3 servings of cooked fish each week.**

If you eat fish often, choose fish that are low in mercury. **Avoid fish that are higher in mercury while you are pregnant.** A fetus exposed to high levels of mercury may have problems learning, walking or talking later in life.

Fish with very low to low mercury (Eat more often)	Fish with medium mercury (Eat less often)	Fish with high mercury (Avoid during pregnancy)
<ul style="list-style-type: none"> <li>• <b>Anchovy</b></li> <li>• Atlantic Cod</li> <li>• <b>Atlantic Mackerel</b></li> <li>• Basa</li> <li>• Capelin</li> <li>• Flounder</li> <li>• <b>Haddock</b></li> <li>• <b>Herring</b></li> <li>• <b>Pollock (Boston bluefish)</b></li> <li>• Porgie</li> <li>• <b>Salmon</b></li> <li>• <b>Sardines</b></li> <li>• <b>Shrimp</b></li> <li>• Sole (Dover, Petrale)</li> <li>• Squid</li> <li>• Tilapia</li> <li>• <b>Trout (Rainbow)</b></li> <li>• <b>Tuna, Canned Light (Skipjack, Tongol, Yellowfin).</b></li> </ul>	<ul style="list-style-type: none"> <li>• Catfish</li> <li>• <b>Halibut</b></li> <li>• Kingfish</li> <li>• Lake Whitefish</li> <li>• Perch</li> <li>• Sablefish (Black Cod)</li> <li>• Skate</li> <li>• Snapper (Various Species)</li> <li>• <b>Trout (Lake, Various Species)</b></li> <li>• Tuna steak (Skipjack, Southern Yellowfin)</li> <li>• Tuna, Canned White (Albacore)</li> <li>• <b>Whiting</b></li> <li>• Atlantic Halibut</li> <li>• Bluefin Tuna Steak</li> <li>• Grouper</li> <li>• Red Snapper.</li> </ul>	<ul style="list-style-type: none"> <li>• Barracuda</li> <li>• Escolar (Snake Mackerel)</li> <li>• Marlin</li> <li>• Tilefish</li> <li>• Tuna steak (fresh/frozen)</li> <li>• Orange Roughy</li> <li>• Sea Bass</li> <li>• Shark</li> <li>• Swordfish.</li> </ul>

Source: Toronto Public Health. A Guide to Eating Fish for Women, Children and Families: [http://www.toronto.ca/health/fishandmercury/pdf/guide\\_eat\\_fish.pdf](http://www.toronto.ca/health/fishandmercury/pdf/guide_eat_fish.pdf)

**Bolded fish are high in omega-3 fats.**

## A Note on Canned Tuna

In Canada, canned light tuna is low in mercury and is alright to eat. However, canned albacore tuna has a higher mercury content. Canned albacore tuna is often labeled as “white” tuna, so be sure to read the ingredient list. Please limit your eating of this type of tuna.

## What foods and drinks should I avoid while pregnant?

Foods and Drinks to AVOID		Why should I avoid it?	What should I choose instead?
Caffeine	<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Tea</li> <li>• Cola</li> <li>• Cocoa</li> <li>• Energy drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Caffeine may be harmful to your baby.</li> </ul>	<div style="border: 1px solid black; padding: 5px;">Limit caffeine to 300 mg each day</div> <ul style="list-style-type: none"> <li>• 500 mL (2 cups) filter drip coffee OR</li> <li>• 750 mL (3 cups) instant coffee OR</li> <li>• 500 mL to 750 mL (2 to 3 cups) weak tea (green, regular) OR</li> <li>• 250 mL to 500 mL (1 to 2 cups) diet cola.</li> </ul>
Herbal Teas & Herbal Supplements	<ul style="list-style-type: none"> <li>• Chamomile tea</li> <li>• Supplements such as tablets, capsules, extract forms</li> </ul>	<ul style="list-style-type: none"> <li>• Have drug-like effects and therefore can be dangerous for you and your unborn baby</li> <li>• Chamomile tea may have negative effects on the uterus.</li> </ul>	<div style="border: 1px solid black; padding: 5px;">Limit to 500 mL to 750 mL (2 to 3 cups) of “weak tea” a day.</div> <p>Choose from the following safe herbal teas:</p> <ul style="list-style-type: none"> <li>• Ginger</li> <li>• Lemon balm</li> <li>• Peppermint</li> <li>• Orange peel</li> <li>• Echinacea</li> <li>• Bitter orange</li> <li>• Citrus peel</li> <li>• Rose hip</li> <li>• Rosemary</li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• Wine, Beer, Liquor</li> <li>• Liquor-filled desserts or chocolate</li> <li>• Rum and fruit cake</li> <li>• Fruit punch</li> <li>• Cheese fondue</li> <li>• Cough medicine</li> </ul>	<ul style="list-style-type: none"> <li>• When you drink, your baby drinks.</li> <li>• Drinking alcohol during pregnancy is associated with Fetal Alcohol Syndrome (FAS). FAS can lead to developmental delays, physical defects, learning disabilities and emotional problems in children.</li> </ul>	<div style="border: 1px solid black; padding: 5px;">Avoid completely during pregnancy</div> 
Sugar Substitutes	<ul style="list-style-type: none"> <li>• Cyclamate</li> <li>• Saccharin</li> <li>• Stevia®</li> </ul>	<ul style="list-style-type: none"> <li>• Large amounts are harmful for your baby.</li> <li>• Once consumed, it crosses the placenta into the baby’s blood stream.</li> </ul>	<div style="border: 1px solid black; padding: 5px;">Consume the following safe sugar substitutes in moderation. These are mainly found in diet pop, gum, candy, hot chocolate, yogurt. Read the label.</div> <ul style="list-style-type: none"> <li>• Aspartame (Equal®, NutraSweet®)</li> <li>• Sucralose (Splenda®)</li> <li>• Acesulfame Potassium (not available for purchase as a single ingredient)</li> </ul>

Foods and Drinks to AVOID		Safer Alternatives
Unpasteurized Soft Cheeses (with a white, mouldy rind)	<ul style="list-style-type: none"> <li>• Brie</li> <li>• Camembert</li> <li>• Blue-veined cheese (Roquefort)</li> <li>• Soft Mexican cheese (queso blanco, queso fresco)</li> </ul>	Pasteurized cheeses: <ul style="list-style-type: none"> <li>• Hard cheeses (colby, cheddar, mozzarella, swiss, parmesan)</li> <li>• Cottage cheese</li> <li>• Cream cheese</li> <li>• Processed cheese</li> </ul>
Unpasteurized milk (yogurt or in food)		<ul style="list-style-type: none"> <li>• Pasteurized milk, yogurt</li> </ul>
Raw or partly cooked meat	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Pork</li> <li>• Lamb</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked meats and poultry</li> </ul> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Use thermometer to check temperature.</div>
Raw or undercooked eggs or egg products	<ul style="list-style-type: none"> <li>• Salad dressings</li> <li>• Cookie dough or cake batter</li> <li>• Homemade eggnog</li> <li>• Fresh mayonnaise from deli or restaurants (may contain raw eggs)</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked eggs (both the white and yolk are firm)</li> <li>• Egg dishes thoroughly cooked</li> <li>• Homemade eggnog, heated to 71°C (160°F)</li> <li>• Some salad dressing, mayonnaise from supermarkets (usually made with pasteurized eggs)</li> </ul>
Hot dogs straight from the package without heating		<ul style="list-style-type: none"> <li>• Hot dogs that are cooked until steaming</li> </ul>
Non-dried deli meats	<ul style="list-style-type: none"> <li>• Bologna</li> <li>• Roast Beef</li> <li>• Turkey breast</li> </ul>	<ul style="list-style-type: none"> <li>• Dried, salted deli meats (salami, pepperoni)</li> <li>• Non-dried meats heated throughout to steaming hot</li> </ul>
Liver, Pates, Liverwurst, Meat Spreads		<div style="border: 1px solid black; padding: 2px; display: inline-block;">Limit “liver” intake to twice a month only.</div> <ul style="list-style-type: none"> <li>• Canned or shelf stable liver or meat spreads</li> </ul>
Unpasteurized fruit juice or apple cider		<ul style="list-style-type: none"> <li>• Pasteurized fruit juice or apple cider.</li> </ul>
Raw Sprouts	<ul style="list-style-type: none"> <li>• Alfafa</li> <li>• Mungbean</li> <li>• Clover</li> <li>• Radish</li> </ul>	Thoroughly cooked sprouts (for example, mungbeans in stirfrys).

Foods and Drinks to AVOID		Safer Alternatives
Raw Fish and Shellfish	<ul style="list-style-type: none"> <li>• Oysters, mussels, clams</li> <li>• Sashimi</li> <li>• Sushi (with raw fish)</li> <li>• Smoked seafood (refrigerated)</li> </ul>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Thoroughly cook until the shell opens.</div> <ul style="list-style-type: none"> <li>• Smoked seafood in cans that don't require refrigeration until after opening</li> </ul>

## Handling foods safely

You and your unborn baby are at a higher risk of illness from bacteria, viruses or parasites found in food, such as the ones listed on pages 10 and 11. Make sure you choose the safer alternatives and follow the food safe handling tips from Health Canada to reduce your risks: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/pregnant-women-femmes-enceintes-eng.php>

## What can I do to feel my best during my pregnancy?

Many women experience nausea (feeling sick to the stomach) during pregnancy, especially during the first three months.

Here are some suggestions to help you if you are having nausea or vomiting:

- Eat small meals every 2 to 3 hours.
- Eat food lower in fat such as beans, lentils, lean meats and easily digestible carbohydrates such as fruit, fruit juices, bread, cereal and pasta. These foods are nutritious and may help prevent low blood sugar, which can cause nausea.
- Prepare cold meals more often, as opposed to hot meals, which having stronger smells.
- Drink soup and liquids between meals.
- When cooking, open windows or use a fan to decrease smells.
- Eat lightly seasoned foods.
- Sit upright after meals.

- Have a snack before bed or during the night and eat a piece of bread or dry crackers before getting out of bed in the morning.
- Avoid brushing your teeth immediately after eating.
- Take your prenatal vitamin and mineral with a meal or with dinner if you feel more nausea during the morning time.

For more information, please refer to the HRH handout, Nausea and Vomiting During Pregnancy (form # 001485).

## Is there a safe way to stay physically active while I am pregnant?

Regular physical activity is recommended as part of a healthy pregnancy. Before starting a new activity program, you should talk to your doctor first.

If you are not usually active, start with light activity, such as walking and swimming. Work on increasing the time from about 5 minutes each day to up to 30 minutes a day.

If you are usually active, think about ways to change your high impact or high intensity activities with something more gentle such as walking, swimming.

Be sure to keep hydrated by drinking plenty of fluids, during and after activity.

### Activity during pregnancy can help you to:

- Improve your mood and self-image
- Ensure appropriate weight gain
- Relax and reduce stress
- Promote better sleep
- Increase your muscle tone, strength and endurance
- Build your stamina for labour and delivery
- Speed up your recovery after labour and delivery
- Increase your energy levels.

Source: [http://www.phac-aspc.gc.ca/hp-gs/guide/04\\_pa-ap-eng.php](http://www.phac-aspc.gc.ca/hp-gs/guide/04_pa-ap-eng.php)



### For more information, please contact:

#### **Humber River Hospital Maternal and Child Program**

Web: <http://www.hrh.ca>

#### **Registered Dietitian**

Tel: (416) 242-1000 ext. 45113

#### **Prenatal Clinic**

Tel: (416) 242-1000 ext. 21450

#### **Dietitians of Canada**

Tel: (416) 596-0857

Fax: (416) 596-0603

Email: [contactus@dietitians.ca](mailto:contactus@dietitians.ca)

Web: <http://www.dietitians.ca>

#### **Eat Right Ontario**

Speak with a Registered Dietitian

Toll-free: 1 (877) 510-510-2

Web: <http://www.eatrightontario.ca>

#### **Health Canada**

Tel: (613) 957-2991

Toll-free: 1 (866) 225-0709

Fax: (613) 941-5366

Email: [Info@hc-sc.gc.ca](mailto:Info@hc-sc.gc.ca)

Web: <http://www.hc-sc.gc.ca>