

Health magazine

two

SPECIAL ISSUE

For pregnant women
and women who have
recently had a baby

You can develop
healthy habits

Farewell, cigarettes!

Eating well is good

Six easy recipes

Being active is fun

Breathe and relax...



TWO

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Giving life while taking care of your own life



Chantal Lacroix

Bringing a child into this world makes us realise how precious life is. Your baby's health is closely linked to your own, both during your pregnancy and once you've given birth. It's a great chance to take care of yourself so you can feel good and give your child the best opportunity to be healthy.

This magazine is full of practical information and suggestions on how to include **four important healthy habits** into your life:

Living smoke free

Eating well

Being active

Managing stress

These good habits help you:

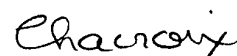
- **Feel good in body and mind**
- **Have enough energy to take full advantage of your days**
- **Enjoy life as long as possible**
- **Have a healthy baby**

The professionals who wrote this magazine have based the text on reliable scientific information. Each subject is dealt with simply, in a positive and realistic manner.

You can read the different sections in any order you like and at your own pace. We suggest, however, that you pay particular attention to the section *Living smoke free*: it's a critical habit. If you smoke, you will find that this magazine provides support and resources to help you quit.

Keep this magazine close at hand and use it whenever you need it.

Enjoy!



Chantal Lacroix, M.D.

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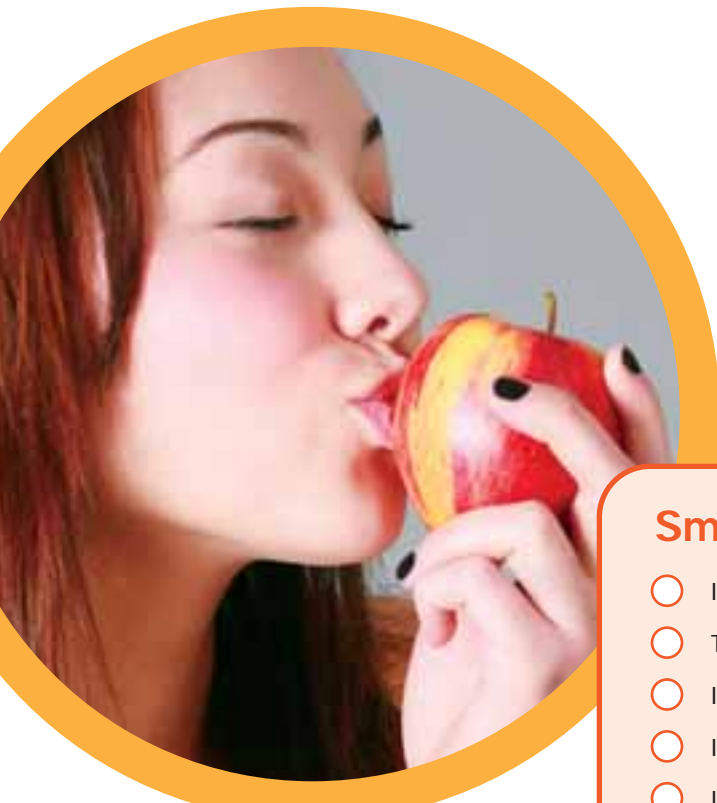
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TEST

Do you have healthy habits?

The following tests will help you be more aware of your habits

Give yourself
A POINT for
every statement
that is true



Smoking

- I don't smoke.
- The people I live with don't smoke in the house or car.
- I ask guests not to smoke in the house.
- I don't use marijuana (pot) or any other drugs.
- I won't smoke after my baby is born.

/5

Diet

- I eat 7 to 8 servings of fruit and vegetables a day.
- Every day, I eat 6 or 7 servings of grain products (bread, rice, pasta, cereal).
- I eat 2 servings of meat or meat alternatives every day (meat, fish, poultry, eggs, legumes).
- I have 2 servings of milk or milk alternatives every day (milk, fortified soy beverage, yogurt, cheese).
- Since I got pregnant or since I've been breastfeeding, I have 3 meals and 2 or 3 snacks a day.

/5

Physical activity

- I do at least 30 minutes of cardiovascular exercise almost every day.
- I take all opportunities to move. I use the stairs, I walk during my breaks, I play with the kids.
- I schedule in periods of exercise.
- I do work around the house: vacuuming, gardening, raking leaves.
- I do muscular exercises a few times a week.

/5

Stress management

- I can identify and manage situations I find stressful.
- I know what I can do to relax.
- I take some time to relax every day.
- I have friends I can talk to and whom I can turn to for help.
- I sleep 7 to 8 hours a night, and I rest when I'm tired.

/5

My results

Add up your points out of 5 for each test and see how you score on healthy habits

- If you score 4/5 or 5/5: that's great. Keep it up!
- If you score 3/5: you could make a few changes.
- If you score 1/5 or 2/5: it would be worth changing this habit.

If you decide to improve some of your habits, do it at your own pace. In this magazine you'll find lots of advice to guide and assist you.

If you have questions or concerns, don't hesitate to talk with a health professional.

/5

You can develop healthy habits



If you would like to improve some of your lifestyle habits, here are a few suggestions to help you get started

One step at a time

Don't try to change everything in a few days; do it one step at a time. Start by setting a few realistic goals. Once you reach these goals, you can then set others.

It is very important for your health and the health of your child that you not smoke at all... If you smoke, your first goal could be to try to quit. The section *Living smoke free* suggests several ways to free yourself of cigarettes. Put all the chances on your side. Take advantage of the many free resources that are available to quit smoking (see the *Useful addresses* at the back of the magazine).

To improve your diet, start by eating more fruit and vegetables. Once you have reached this goal, try to improve something else, like buying whole grain bread, for example.

If you want to exercise more, start by walking 15 minutes a day. Later you can add another simple exercise like using the stairs instead of the elevator.

Plan out solutions

When we make changes in our lives, some periods are more difficult than others. To get through these moments more easily, it's worth taking some time to prepare for them.

Try to foresee the difficulties... and their solutions.

Suppose you decide to go swimming three times a week. Think ahead about what to do if you can't go swimming on certain days. For example, maybe you could exercise at home instead.

Reminders

It is a good idea to note down your good intentions. For example, write down the goals you have set on a piece of paper and put it up somewhere. Make an effort every day to reach these goals.

Take the time to make a list of your meals for the week. This will help you have a balanced and varied diet.

Set aside some time in your daily schedule for physical activity. These scheduled times are invaluable and it's important to stick to them.

Write down helpful sentences and put them up in different places around you. Read them now and then to feel better.

You're beautiful

You can do it

Be proud of yourself

Be proud of the progress you make. Tell yourself how great you are. Every small achievement will give you more confidence.

Think about rewarding your efforts: Take yourself out, buy yourself a small present or take a bubble bath.

Don't feel guilty even if you don't achieve all your goals. Instead, try to figure out how to reach them.

**You're
doing
great**

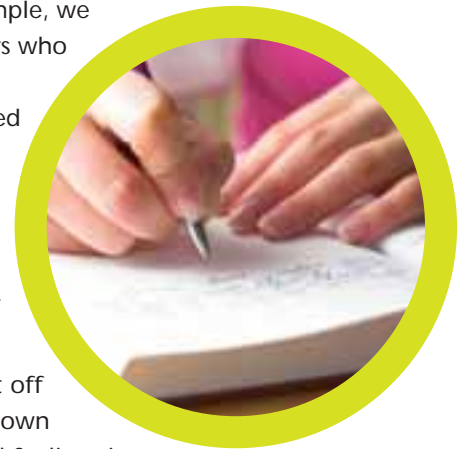
Get a buddy

People you love can help. Talk to them about the changes you want to make. Ask them to encourage and support you.

Maybe some of the people who are close to you also want to make changes. Quitting smoking with someone else can be more motivating. Cooking with friends is fun and less expensive.

The help of a health professional is also very valuable. For example, we know that smokers who get help from a professional succeed in quitting more often. See the *Useful addresses* section at the back of the magazine.

Maybe you can let off steam and write down your thoughts and feelings in a personal journal. You can also draw in it, paste in pictures or recipes, or copy down sayings that inspire you.



Not ready to make a change?

It's normal to feel
unsure before making
a decision to change



If you're not convinced of the importance of having good lifestyle habits:

READ health magazines or get information on the Internet, ask your doctor any questions you may have, or talk to someone at your CLSC.

Make a **LIST** of the advantages and disadvantages of changing your habits.

Find **SOLUTIONS** to eliminate some of the disadvantages of changing.

THINK ABOUT it regularly and try to motivate yourself.




Advantages of quitting smoking:

- I'll be in better shape.
- My baby will be healthier.
- I'll have more money.
- I'll stop feeling guilty.

Disadvantages of quitting smoking:

- I'll want to smoke with my boyfriend.
- I'm afraid I'll gain too much weight.
- I'll be stressed out.

A man and a pregnant woman are standing in a bathroom, facing each other and kissing. The man is wearing a white tank top and green shorts with white polka dots. The woman is wearing a white tank top and white pants. They are holding hands. In the foreground, there is a white sink with a silver faucet and a vase of yellow flowers. The background shows a window with white curtains and a door.

Think about
it regularly
and try
to motivate
yourself

If you're afraid it might be too hard:

GO AT YOUR OWN PACE and trust yourself. You can do it!

DON'T BE AFRAID of making a change for a few days. Whatever happens, you can be proud of yourself for trying.

Use the **TIPS** and suggestions given in this magazine.

Ask your friends and family or a health professional to **HELP** you.

Don't feel guilty if you fail to **CHANGE A HABIT** on the first try; that's how it is for most people.

Tell yourself that even if it takes a couple of tries to change, you're making progress every time and **YOU WILL SUCCEED!**

Living

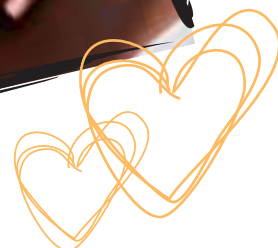
smoke free

Many benefits for

You

The best decision you can make to protect your health and the health of people around you is to not smoke at all. Even if you've been smoking for several years, **it's worth it to quit.**

As soon as you quit, your risks for developing a number of diseases start to go down. The longer it's been since you've given up smoking, the lower your risks.



A future mom who
chooses to live smoke free
increases her
chances of having a normal
pregnancy and a healthy baby...

Quitting smoking
reduces the risks of having:

- Bleeding
- A miscarriage
- Premature delivery
- A baby who is born too small
- A baby who could be the victim of sudden infant death syndrome
- A baby who is more agitated and cries more often
- A child who has respiratory problems



““ People who
don't smoke live
10 years longer,
on average. ””

People who
quit smoking

are at lower
risk of having:

- Lung, mouth, cervical, bladder and other cancers
- Cardiovascular disease
- A respiratory disease such as chronic bronchitis, emphysema, pneumonia, and asthma
- Stomach ulcers
- Osteoporosis
- Fertility problems
- Menstrual problems
- A host of other diseases

Miracle treatment to have:

Younger skin
Fewer wrinkles
Nice complexion
Whiter teeth
Fresher breath

““ What is this miracle treatment?
Living smoke free! ””

Many benefits for 
others too!

Everyone benefits from fresh air!

Children who live in smoke-free homes are less likely to have:

- colds
- ear infections
- bronchitis
- pneumonia
- asthma
- allergies

Babies who live in smoke-free homes are less likely to be victims of sudden infant death syndrome.

Non-smoking adults who live in smoke-free homes are at lower risk of having heart disease or lung cancer.

Cigarette smoke spreads throughout the house and in the car. Even if you smoke under the range hood in the kitchen, open doors and windows, or smoke in one room only, smoke penetrates everywhere.

The only way not to expose others to cigarette smoke is to smoke outside.

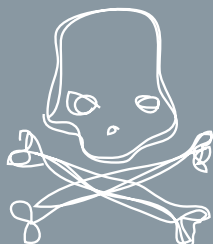


Quite a mix!

Cigarette smoke contains over 4000 chemicals, at least 50 of which cause cancer. It includes:

arsenic (termite poison)
methanol (rocket fuel)
acetone (paint stripper)
phosphorus (rat poison)
lead (car batteries)

ammonia (cleaning product)
carbon monoxide (car exhaust)
DDT (insecticide)
xylene (felt pen)



Find out more about your relationship with cigarettes



Have you ever asked yourself

why you smoke?

Keeping a ^{*}journal will help you know your smoker-self better.

Keep the sheet below and a pencil in your cigarette pack for a few days. Every time you have a cigarette, write down the time, what you're doing, and how you're feeling.

When you read over your journal, you will have a better understanding of why you smoke.

Cigarette	Time	What I'm doing	How I'm feeling	Cigarette	Time	What I'm doing	How I'm feeling	Cigarette	Time	What I'm doing	How I'm feeling
1	6:00	Get up	☺	1			☺	1			☺
2	6:30	Coffee	☺	2			☺	2			☺
3	7:30	In the car	☺	3			☺	3			☺
4	8:00	Office	☺	4			☺	4			☺
5	9:30	Break	☺	5			☺	5			☺
6	10:30	Break	☺	6			☺	6			☺
7	12:00	Lunch	☺	7			☺	7			☺
8	13:00	End lunch	☺	8			☺	8			☺
9	14:30	Break	☺	9			☺	9			☺
10	16:00	In the car	☺	10			☺	10			☺
11	17:00	Cook	☺	11			☺	11			☺
12	18:30	End dinner	☺	12			☺	12			☺
13	19:30	Phone	☺	13			☺	13			☺
14	20:30	Dispute	☺	14			☺	14			☺
15	21:00	Dispute	☺	15			☺	15			☺
16	22:00	TV	☺	16			☺	16			☺
17				17				17			
18				18				18			
19				19				19			
20				20				20			
21				21				21			
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25				25				25			

Cigarette	Time	What I'm doing	How I'm feeling (-) (-) (-)	Cigarette	Time	What I'm doing	How I'm feeling (-) (-) (-)	Cigarette	Time	What I'm doing	How I'm feeling (-) (-) (-)	Cigarette	Time	What I'm doing	How I'm feeling (-) (-) (-)
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What would be your reasons for wanting to quit?

Most smokers would like to quit.

Everyone has reasons to want to stop smoking.

What would be your reasons? Think about reasons that are important to you and that would give you the strength to succeed.



I would like to quit smoking...

- To be in better shape
- To avoid getting sick later on
- To have more money
- To stop being addicted to cigarettes
- To have fewer colds and to cough less
- To stop feeling guilty
- Because I'm fed up with it
- To increase my chances of having a normal pregnancy
- So that my baby will be healthy
- So that my children will have fewer colds and ear infections
- So that my house can smell nice and be smoke free
- To set a good example for my children
- Because you can't smoke anywhere
- To have fewer wrinkles and to look younger
- To have fresher breath and whiter teeth
- For other reasons:

Preparing TO QUIT



Quit date

It's a good idea to set a quit date: it avoids putting it off until later.

Choose a date within the next week or two.

Circle this date on your calendar or in your agenda.

Until then, spend some time preparing.

I'm going to quit on the _____

“ The best way to quit successfully is to prepare yourself well beforehand. ”

Alternative solutions

Think about what makes you feel like having a cigarette (you can use your journal). Then, think about what you could do instead of smoking.

Here are a few suggestions that have worked for other people. You can choose the ones that suit you and add your own.



I feel like smoking when:

I'm stressed out

I'm mad, sad or feel guilty

I have no energy

I'm bored

I'm with someone who smokes

I'm partying

I'm having a cup of coffee

I'm talking on the phone or watching TV

I'm in the car

I've finished a meal

Others:

Instead of smoking, I:

- go for a walk
- breathe deeply
- listen to music
- do relaxation exercises
-

- try to understand why I feel like that
- talk about it with a friend
-

- take a break and rest
- have a nutritious snack
-

- do an activity that I like
-

- ask people not to smoke in the house or the car
- encourage a smoker I live with to quit with me
- ask my friends and family not to offer me cigarettes
- avoid places where people smoke
-

- avoid these types of situations for a while
-

- drink another hot beverage instead
-

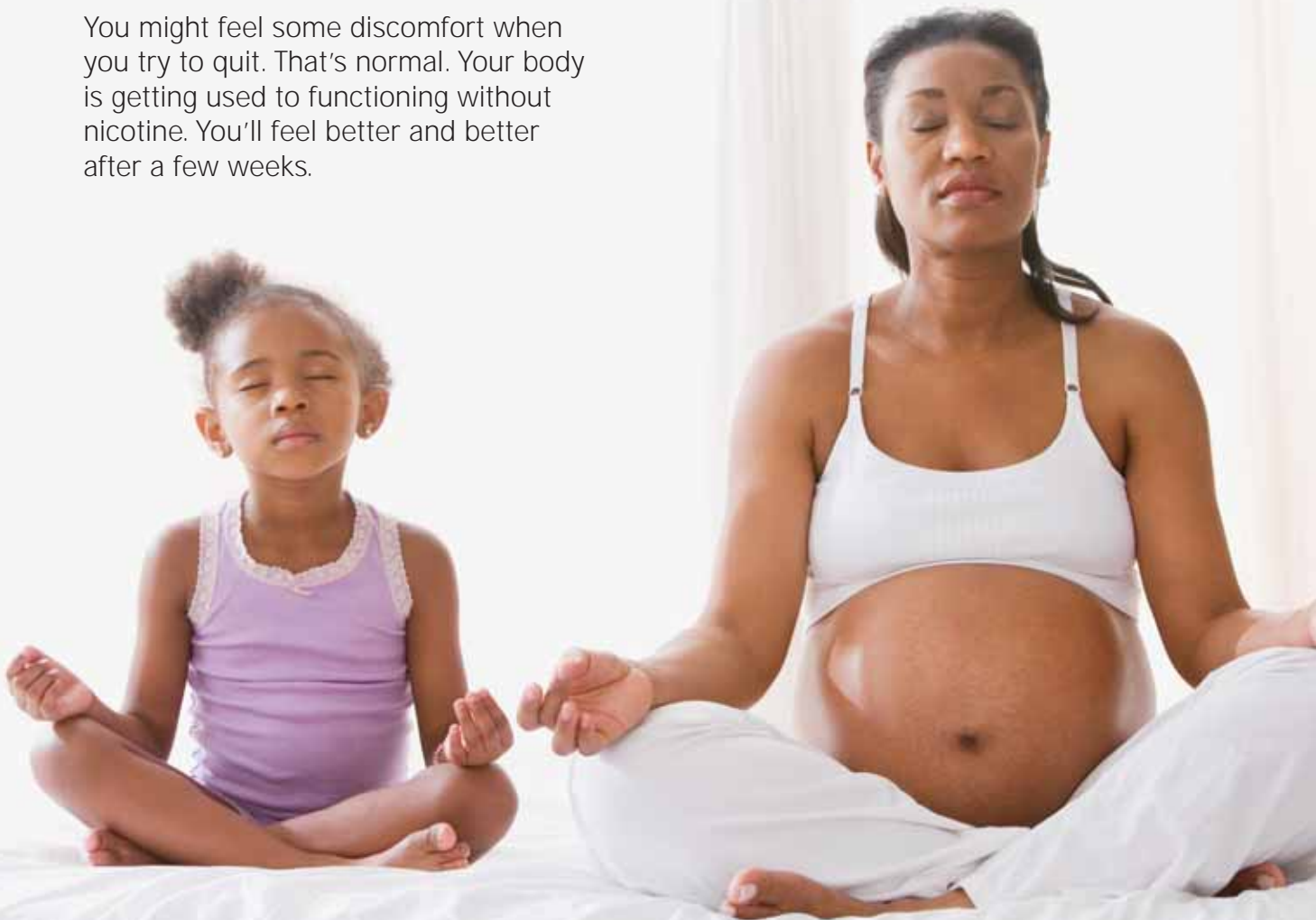
- keep my hands busy: draw, knit or squeeze a ball
-

- keep my mouth busy by chewing gum or a cinnamon stick, or sucking on sugarless candy
- sing along with my favourite CD
-

- get up from the table as soon as I've finished eating
- go brush my teeth
- keep busy

Know what to expect

You might feel some discomfort when you try to quit. That's normal. Your body is getting used to functioning without nicotine. You'll feel better and better after a few weeks.



Here are some of the most common complaints, and tips to help you get through them.

Complaints

Tips

Nervousness,
bad mood

- Tell people that you've just quit smoking and ask them to be understanding.
- Take breaks and relax.

Difficulty
concentrating

- Divide your work up into small tasks.
- Take breaks and relax.
- Rest more.

Sadness

- Confide in your friends.
- Give yourself little treats.
- Talk to your doctor if you feel depressed and it doesn't go away.

Cough and
sore throat

- Drink a lot of water.
- Suck on sugarless candies.

Constipation

- Drink a lot of water.
- Eat foods with fibre (fruit, vegetables, whole-grain cereal).
- Exercise every day.

Difficulty sleeping

- Avoid coffee, tea, caffeinated soft drinks and chocolate in the evening.
- Exercise every day.
- Relax for at least an hour before going to bed.

Strong urges
to smoke

- Tell yourself, "I'm not going to smoke. I'll pass."
- Do something else: call a friend, go for a walk, listen to music and sing along, read over the reasons why you want to quit.
- Keep your mouth busy: chew sugarless gum or a cinnamon stick, or drink water.
- Breathe deeply and relax.

Find people who can give

you support

If your spouse smokes, ask him if he'd like to quit with you. Suggest that he read this section to help him make up his mind. If your spouse is not ready to quit, talk to him about how important it is to smoke outside to protect your health and the health of your baby.

Think of people who will be able to help you when you're having a hard time:

- ... *A friend or family member*
- ... *A colleague at work*
- ... *Your doctor or nurse, or a professional at the CLSC*
- ... *Your pharmacist*

“ There are also specialists who can help you for free. You can meet with them either on your own or in a group ”

(see the *Useful addresses* section at the back of the magazine).



Medications

There are various medications that can lessen the urge to smoke and reduce physical discomfort.

When you are pregnant or breastfeeding, it is best to quit without the help of medications. However, if you don't succeed, talk it over with your doctor; he or she can give you advice.



What about alternative methods?

It has not been proven that hypnosis, acupuncture, laser treatment, and homeopathy are effective smoking cessation methods. If you are still thinking about trying one of these methods, ask the professional about his or her training and the cost of treatments, and find out if your insurance will cover the costs.

You should also talk to a pharmacist if you're thinking about using natural products.

Breastfeeding and smoking



Mother's milk is what's best for the baby

Breast milk:

- gives protection against a number of allergies and diseases
- contains everything the baby needs to develop well
- is always at the right temperature
- is always ready
- doesn't cost anything



Women who are smokers and who breastfeed should be aware that some of the nicotine passes through breast milk and affects the baby. If you smoke, do everything you can to quit. If you need support, you can consult smoking cessation specialists for free

(see the *Useful addresses* section at the back of the magazine).

If you don't succeed in quitting:

- Talk to your doctor. He or she can give you valuable advice.
- Try to smoke as little as possible.
- You can continue to breastfeed but don't smoke just before or while you're breastfeeding; rather, do it just after you finish.
- Never smoke in the house or car.



It is recommended to exclusively breastfeed your baby for 6 months, then to gradually add foods while continuing to breastfeed as long as you and your baby like.

Mission

ACCOMPLISHED!



So you've done it.

That's great!

You should be very proud of yourself!



Be cautious though.

The urge to smoke can last a very long time. Avoid having "just one cigarette." That's how most people who've quit start smoking again.

When you're pregnant or once the baby is born, you'll have moments when you'll be very tired and stressed out. But you can make it without a cigarette.



Take short 10- to 15-minute breaks every day:

- Breathe deeply and relax.
- Listen to a song you like.
- Call a friend.
- Sit down by yourself, close your eyes and relax your muscles.
- Go for a walk.
- Do something you like and that you find relaxing.

Ask people not to smoke in the house or the car

Avoid things that make you want to smoke.

Remember that strong urges to smoke only last a few minutes. Don't have a cigarette; do something else.

Remember the reasons why you want to quit.



Appreciate the good things about not smoking:

- You're in better shape.
- You have more money.
- The air in the house and in the car is fresher.
- You're setting a good example for the children.

Take it one day at a time:

- Every morning when you get up, tell yourself, "I won't smoke today."
- Every night when you go to bed, congratulate yourself for succeeding.
- Be proud of yourself and reward your efforts.



If you

RELAPSE

You've started smoking again?

Don't feel guilty. Tell yourself that:

- Most smokers have to try several times before they succeed in quitting.
- Now you know you're able to not smoke.
- You know why you started smoking again; next time, you'll have a better idea about how to react.

The important thing is to give yourself another chance:



Think about what had convinced you to quit and start preparing to try again.

You should think about contacting specialists who could help you for free. See the *Useful addresses* section at the back of the magazine.

If you don't succeed in quitting, talk it over with your doctor.

Remember that children are sick more often when they live in homes where people smoke. Make sure that no one smokes in the house or the car.



Marijuana^{**} and other drugs



Drugs are harmful:

They affect judgement, change behaviour, cause addiction, damage health, and are expensive.

Don't take drugs when you're pregnant: they are risky for your health and the health of the baby.

If you find it difficult to stop taking drugs, ask your doctor or someone at the CLSC for help. You can trust them.

Eating well is good

Many benefits
for **You**

Are you under the impression that eating well is complicated and boring?

Well it isn't. It can be simple and very pleasant. In addition, there's a lot to gain from it:

- You'll be healthier.
- You'll feel good all day long.
- You'll be at lower risk for some types of cancer, heart disease, diabetes, obesity and osteoporosis.
- While you are pregnant, your baby will be well fed and you won't gain too much weight.
- After the baby is born, you'll go back to your regular weight faster.



What's on the Menu?

A balanced and varied diet

Having a balanced diet means eating a variety of foods every day from each of the

4 food groups

in Canada's Food Guide:

- 1 - vegetables and fruit
- 2 - grain products
- 3 - milk and alternatives
- 4 - meat and alternatives



» Vegetables and fruit

A colourful spread! Eat fruit and vegetables at every meal.

- **Green:** asparagus, broccoli, spinach, kiwis, grapes...
- **Orange:** carrots, squash, sweet potatoes, cantaloupes, oranges...
- **Red:** strawberries, raspberries, tomatoes, red peppers...
- **Blue:** blueberries, plums, eggplant...

Eat at least one dark-green (broccoli, asparagus, Brussels sprouts, spinach, romaine lettuce) and one orange vegetable (carrots, winter squash, pumpkin, sweet potatoes) every day.

You can eat fruit and vegetables different ways: fresh, frozen, canned, dried, stewed or in soups, or as 100% pure pasteurized juice. However, it is better to have fruit and vegetables rather than juice.

Before eating raw fruit or vegetables, wash them well to remove any earth and pesticides. Even salads and spinach in plastic bags should be washed.



2 Grain products

Grain products include cereal, pasta, rice and products made from cereal flour.

Whole grains provide more fibre and vitamins than refined cereals. Make at least half of your grain products whole grain each day. Choose multigrain bread, brown rice, pot barley, oatmeal, quinoa, whole grain pasta, high-fibre cereal, or others.

When you buy a product, look for the words "whole grain" or "whole cereal" in the list of ingredients.

You can replace half the white flour with whole-wheat flour in most recipes.



3 Milk and alternatives

This group includes milk, fortified soy beverages, evaporated milk, powdered milk, cheese and yogurt.

Choose lower milk fat (M.F.) products like skim, 1% or 2% milk, yogurt with 2% fat or less, as well as cheeses with 15% to 20% M.F. or less. Choose only pasteurized milk and milk products.

Have 500 ml (2 cups) of milk or soy beverage fortified with calcium and vitamin D every day.

If you don't like the taste of milk, you can:

- Flavour it with vanilla or almond essence, cinnamon or fruit
- Have it with your cereal
- Use it in recipes: soups, potatoes, oatmeal, blancmange, puddings...
- Add powdered milk to muffins, sauces, soups, vegetable purées. They'll still taste the same!



4 Meat and alternatives



There is a wide variety to choose from:

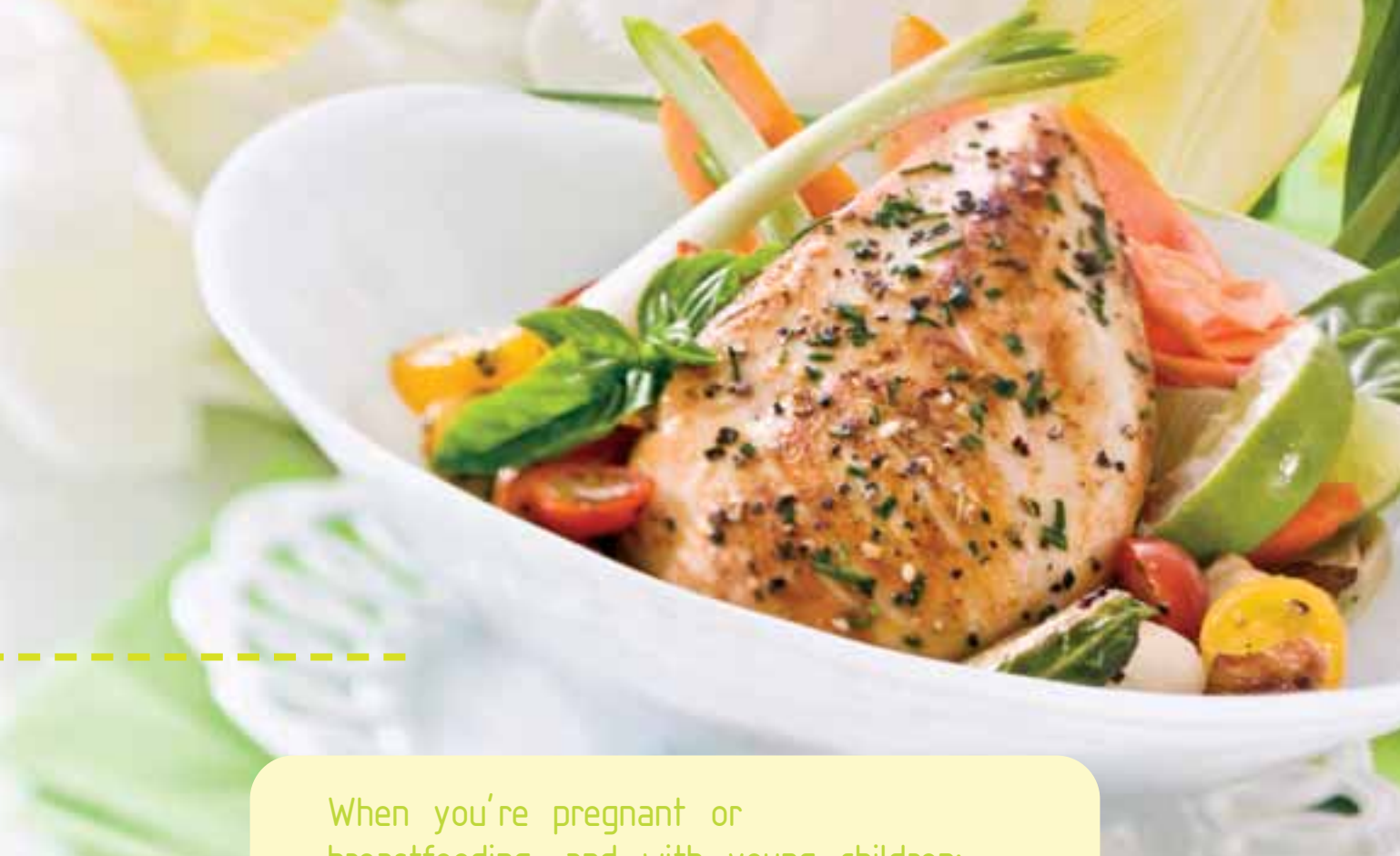
meat, poultry, fish, legumes (lentils, chickpeas, red beans...), tofu, shellfish, nuts and seeds, and eggs.

Eat meat alternatives such as legumes and tofu often.

Try to eat at least 2 servings of fish a week. Fish is a good source of omega-3 fat and other nutrients that are good for your heart. Fatty fish (salmon, rainbow trout, sardines, herring and mackerel) contain large quantities of omega-3. Other sources of omega-3 are vegetable oils, flax seed, pumpkin seed, walnuts and products fortified with omega-3.

Choose lean cuts of meat like inside or outside round roasts, strip loin or sirloin steak, rump roasts, tenderloin cuts from which the visible fat has been trimmed, and lean or extra-lean ground meat.

Remove the skin on poultry and choose lean or extra-lean ground poultry.



When you're pregnant or breastfeeding, and with young children:

- Follow Health Canada's most recent advisory on safe fish consumption. Eating fish that feed off other fish, like tuna (does not apply to canned light tuna), shark, marlin or swordfish can cause you to be exposed to high levels of mercury. Consult the Web site www.healthcanada.gc.ca; go to the section *Food & Nutrition, Food Safety, Chemical Contaminants, Mercury*.
- If you eat sport fish often, you can contact the Ministère du Développement durable, de l'Environnement et des Parcs at 1-800-561-1616 or consult the freshwater sport fish consumption guide (in French only; see the *Useful addresses* section at the back of the magazine).
- Meat, poultry, eggs, fish and shellfish should be well cooked. The flesh must be cooked all the way through. Egg whites and yolks should not be runny.



www.healthcanada.gc.ca

How many servings a day?

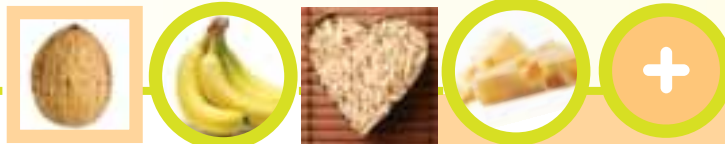
The following Table shows how many servings of each food group you need every day.



Servings / Day

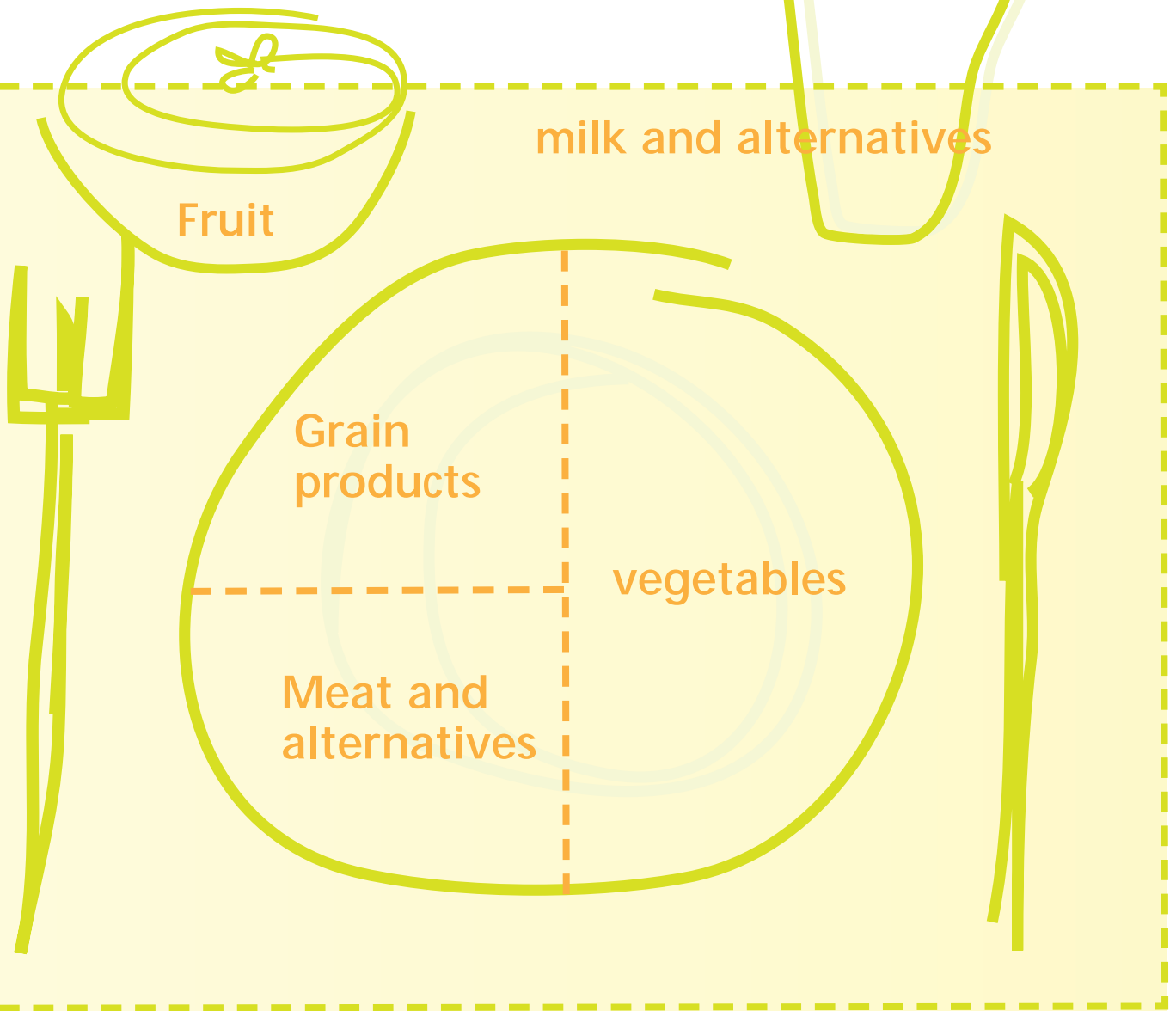
FOOD GROUPS	ADOLESCENT GIRL 14 TO 18 YEARS OLD	WOMAN 19 TO 50 YEARS OLD
Fruit and vegetables	7 servings	7-8 servings
Grain products	6 servings	6-7 servings
Milk and alternatives	3-4 servings	2 servings
Meat and alternatives	2 servings	2 servings

Source: Canada's Food Guide (2007), Health Canada



Starting in the 4th month of pregnancy and when they breastfeed, women need more nutrients and calories. Have **two or three additional servings** from any of the four food groups in addition to the servings indicated in the Table. Make sure you have three good meals a day and 2 or 3 snacks between meals.

Here's an example of a well-balanced meal:



What is a serving?

You can use your hand to quickly assess the size of a serving.



Fruit and vegetables

One serving equals about the size of your fist.



Milk and alternatives

One serving of milk or soy beverage is about equal to twice the size of your fist.



One serving of yogurt is equal to the size of your fist.



One serving of cheese is equal to the size of two fingers: the index and middle fingers.



Meat and alternatives

One serving equals about the size of the palm of your hand.



One serving =



Fruit and vegetables >

**Vegetables
fresh, frozen or canned**

1 average-sized fresh vegetable
125 ml (1/2 cup) of cut vegetables

**Salad and green
leafy vegetables**

250 ml (1 cup) raw vegetables
125 ml (1/2 cup) cooked vegetables

**Fruit
fresh, frozen or canned**

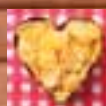
1 average-sized fruit
(apple, orange, banana, etc.)
1/2 grapefruit
1/4 cantaloupe
2 plums, 2 kiwis, 2 clementines
125 ml (1/2 cup) cut fruit

Dried fruit

60 ml (1/4 cup)
1 small box of raisins

**100% pure fruit
or vegetable juice**

125 ml (1/2 cup)



Grain products >

One serving =

Bread

1 slice
1 small bun
1/2 bagel, 1/2 English muffin
1/2 tortilla, 1/2 pita
1/2 hot dog or hamburger bread

**Cooked pasta, rice, bulgur,
barley, millet or couscous**

125 ml (1/2 cup)

Cold cereal

30 g
see the Nutrition Facts table on
the box for the quantity of cereal
that corresponds to 30 grams

**Hot cereal (cooked oatmeal,
oat bran, creme of wheat)**

175 ml (3/4 cup)



What is a serving?

One serving =



Milk and alternatives ›

Milk, reconstituted powdered milk or fortified soy beverage 250 ml (1 cup)

Canned milk (evaporated) 125 ml (1/2 cup)

Yogurt or kefir 175 g (3/4 cup)

Hard cheese 50 g (1 1/2 oz)



Meat and alternatives › One serving =

Cooked lean meat, poultry, fish or shellfish 75 g (2 1/2 oz)

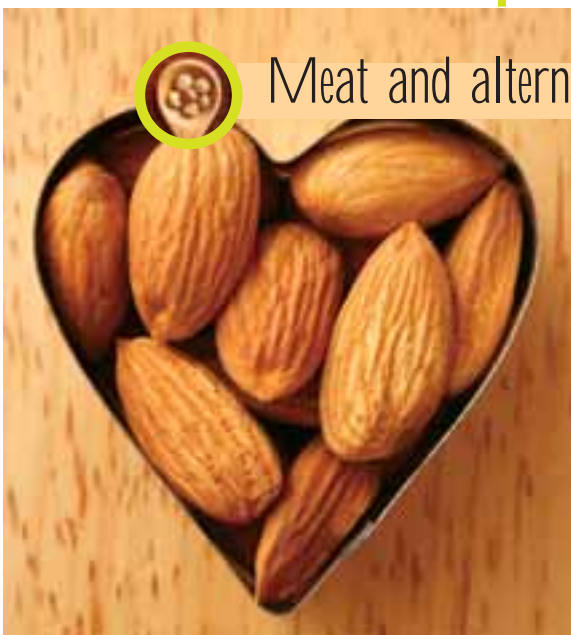
Egg 2 medium eggs

Cooked legumes 175 ml (3/4 cup) chickpeas, lentils or beans

Tofu 150 grams
175 ml (3/4 cup)

Shelled nuts and seeds 60 ml (3/4 cup)

Peanut or nut butter 30 ml (2 Tbsp)



GOOD FATS, BAD FATS

There are different types of fats: saturated, trans and unsaturated (polyunsaturated and monounsaturated).

good
fats



It is recommended to have a small amount (30 to 45 ml or **2 to 3 Tbsp**) of unsaturated fat (polyunsaturated and monounsaturated) **every day**. This includes oil used for cooking, and in salad dressing, margarine and mayonnaise. Vegetable oils such as canola, olive, safflower, sunflower, soy and linseed oils, non-hydrogenated soft margarine, and nuts, seeds and fatty fish contain unsaturated fats as well as omega-3 fat, which is good for you.

~~X~~ BAD FATS

Saturated and trans fats should be avoided since they increase the **risk of heart disease**. There are saturated and trans fats in fatty meats, high-fat dairy products and butter, in some tropical oils such as coconut and palm oils, and in hard margarine, lard and shortening. There are also bad fats in fried foods, fast food, salted chips and pastries.



Not too much fat ~~X~~

Try to **reduce the amount of fat, sugar and salt** that you eat. When shopping for food, read the list of ingredients and the Nutrition Facts table to make sure you are choosing healthy foods.

Use cooking methods that require little or no oil or fat, like baking, grilling or steaming. You can also quickly sauté the food in a bit of canola or olive oil. Avoid breaded or fried foods and those that contain added sugar or salt.



What about caffeine?

Having moderate amounts of caffeine during pregnancy and while breastfeeding does not seem to have a negative effect on babies. Caffeine is found mostly in coffee, tea, and colas. Limit your intake to 2 cups (1 cup = 250 ml) of coffee or tea a day.

Drink to stay healthy!



Get into the habit of **drinking water** regularly during the day. This will keep you well hydrated and reduce the risks of constipation. Every morning, let the tap run for about two minutes to eliminate contaminants such as lead and copper that can accumulate in pipes during the night.

Don't drink water from the hot water tap; instead, heat up water from the cold water tap. Drink water or skim, 1% or 2% milk during meals.

If you like herbal tea, you can safely drink 2 to 3 cups a day of citrus rind, ginger, Melissa officinalis or rosehip tea while you're pregnant. Other herbal teas can be harmful. Avoid fruit drinks (punch, fruit drinks and cocktails), sweetened soft drinks, sport and energy drinks, and sweetened hot or cold drinks. These drinks are high in calories and contain few nutrients.

Alcohol and



pregnancy:

When a pregnant woman drinks **alcohol**, it quickly goes through the placenta and enters the **foetus's blood**, and can cause foetal alcohol syndrome.

Babies born with this syndrome have physical and mental problems.

There is no acceptable quantity of alcohol to have nor good time to drink during pregnancy.

There is no cure for foetal alcohol syndrome. Children who have it will need support and special services during their entire lives.

No thanks!

Avoid the risk. Don't drink when you're pregnant.

-----Alternatives

You can get beer and other beverages without **alcohol**

Alternatives-----



Alcohol and breastfeeding



“ When a mother drinks, the alcohol passes into breast milk; it takes a few hours to eliminate it. It is better to avoid drinking alcohol when you're breastfeeding but you can have a glass from time to time. If you know you will be having a

drink, you can pump milk before having it and feed the milk to the baby later. You can also have a drink right after breastfeeding; this way, enough time will pass for the alcohol to be eliminated from the milk before it's time to breastfeed again. ”

Sugarless sweeteners

Some soft drinks, jams, chewing gums and other items contain sugar substitutes (aspartame, sucralose, acesulfame potassium) that are not harmful.

However, **saccharine** and cyclamates which are sold in packets and tablets should be **avoided during pregnancy** and while breastfeeding.

An ounce of prevention

is worth a pound of cure...

A few simple measures are enough to prevent infections that are caused by some foods:

- Wash your hands thoroughly before handling food.
- Make sure that cooked or ready-to-eat food does not come into contact with raw meat, poultry or fish.
- Wash in warm soapy water anything that has touched raw meat, poultry or fish.
- Let frozen food thaw in the refrigerator, in a microwave or in cold water rather than leaving it out at room temperature.
- Wash raw fruit and vegetables well.
- Select pasteurized milk products and juices.
- Do not keep leftovers in the refrigerator for more than four days.



Pregnant or breastfeeding women and young children should avoid the following foods:

- Raw or undercooked foods such as meat, poultry, sausages, eggs, fish or shellfish. Avoid steak tartare, cold hot dog sausages, runny eggs, sushi and raw oysters
- Cold cuts such as sliced ham and bologna, refrigerated patés and meat spreads
- Smoked fish and shellfish
- Raw milk (unpasteurized) and raw milk cheeses
- Unpasteurized juices

Dislikes and bizarre tastes



During your pregnancy, don't be surprised if you develop an aversion for certain foods and a pronounced liking for others. If this happens, replace the foods you don't feel like eating with others that are equally nutritious.

If you get a craving for snacks, you can compromise by choosing popcorn, nuts or dried fruits, low-fat frozen yogurt or flavoured rice cakes.

It is better to limit your intake of products high in calories, fats, sugar or salt such as pastries, cakes, donuts, chocolate, candies, ice cream, whipped cream, chips, fries and sweetened soft drinks.



Vitamins

Eating well is the best way to get all the nutrients we need.

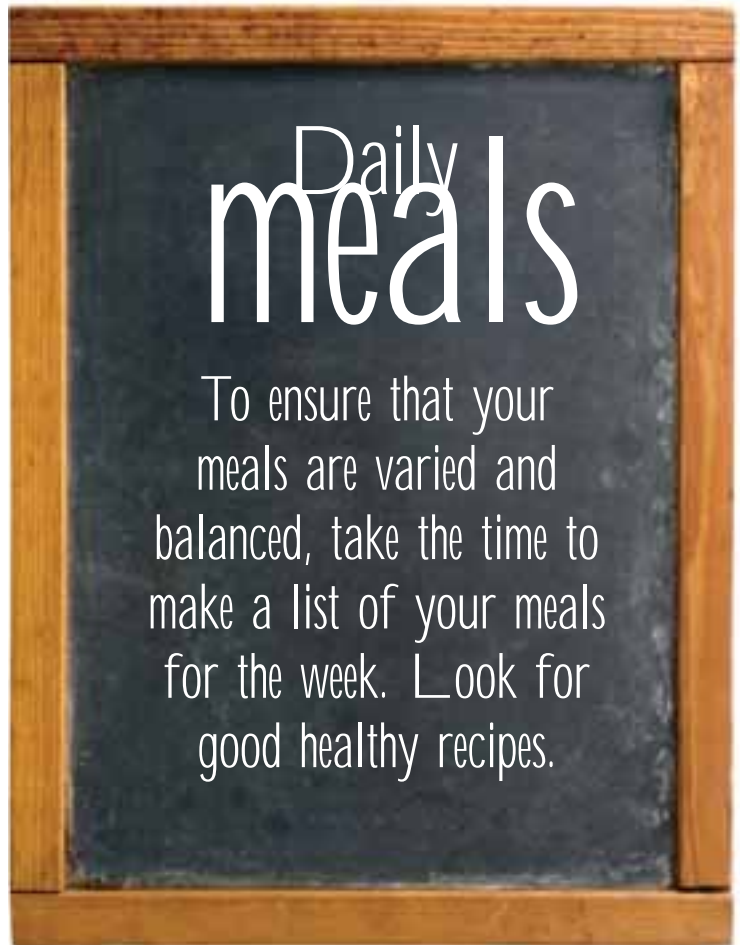
Women who are pregnant need a greater quantity of some nutrients. It is generally recommended to take multivitamins with folic acid and iron to supplement your diet. When breastfeeding, multivitamins might also be recommended.

Your doctor can discuss it with you.

A recipe book

Cut out

RECIPES



Make your own book of healthy recipes:

copy recipes from books, cut them out of magazines, ask your friends to

share they culinary successes, and search the Internet.

Menu

Example of meals for a day

Breakfast

- 1/2 cup of cantaloupe cubes
- A bowl of oatmeal with skim, 1% or 2% milk
- A piece of whole-wheat toast with margarine
- A glass of orange juice



Snack

A berry smoothie*



12:00

Lunch

- Chicken-salad sandwich*
- Small carrots
- A glass of water
- Tofu-raspberry cream*



*Recipe available in the *Quick and healthy recipes* section





Snack

Half a whole-grain bagel with
apple sauce

A glass of skim, 1% or 2% milk
or of fortified soy beverage

Dinner

Carrot soup*

Rice and legume casserole*

Homemade muffin*

A glass of skim, 1% or 2% milk
or of fortified soy beverage



Snack

Light fruit yogurt

7:00

*Recipe available in the *Quick
and healthy recipes* section

Healthy Snacks

Light fruit yogurt

Light frozen yogurt

Light cottage cheese with fresh fruit

Popsicle made with a mixture of pure fruit juice and yogurt

Light sour cream and pesto dip with raw vegetables

Some light cheese with a piece of vegetable or fruit

Fruit shake

A piece of whole-wheat toast with light ricotta cheese and strawberries

Half a whole-grain bagel with light cream cheese

A muffin with a glass of milk or fortified soy beverage

Healthy cereals and milk

A handful of dried fruit

Half a pita with hummus



1
serving

» Berry smoothie

- 125 ml (1/2 cup) strawberries (unsweetened, fresh or frozen)
- 125 ml (1/2 cup) blueberries (unsweetened, fresh or frozen)
- 125 ml (1/2 cup) plain low-fat yogurt
- 125 ml (1/2 cup) 1% or 2% milk
- 2 ml (1/2 tsp) maple syrup

Mix in a blender. Pour into a large glass and drink immediately. For variation, use other fresh and frozen fruit that you like.



Quick and healthy recipes



» Chicken-salad sandwich

1
sandwich



- 125 ml (1/2 cup) cooked chicken, cut in cubes
- 1 celery stick, chopped
- 15 ml (1 Tbsp) green onion, finely chopped
- 15 ml (1 Tbsp) fresh parsley, chopped
- 5 ml (1 tsp) mayonnaise
- 5 ml (1 tsp) plain yogurt
- Salt and pepper to taste
- 2 slices whole-wheat bread
- Small spinach or lettuce leaves

Mix all the ingredients (except the bread and the spinach or lettuce leaves). Spread the chicken salad on the slices of bread. Garnish with spinach leaves and put the slices together to make a sandwich.

4
servings

» Tofu-raspberry cream

250 ml (1 cup) soft almond tofu

300 ml (1 1/4 cup) frozen raspberries (or other field berry)

15 ml (1 Tbsp) maple syrup

Fresh raspberries and mint leaves (to taste)

Place the first 3 ingredients in a food processor or blender, and process until smooth.

Pour the mousse into small bowls and refrigerate about an hour.

You can serve it with fresh raspberries and a few mint leaves.



6
servings

Carrot soup

1 potato, cut into cubes
6 carrots, cut into large pieces
1.5 litres (6 cups) chicken broth
Pepper to taste
Fresh coriander to taste



Add the carrots and potatoes to the chicken broth, add pepper to taste and bring to a boil.

Simmer for about 30 minutes.

Purée in a blender.

Serve hot.

Sprinkle with fresh coriander to taste.



4 to 6
servings

Rice and legume casserole

One 540 ml can of kidney beans, drained
One 540 ml can of chickpeas, drained
Two 341 ml cans of corn, drained
Two 796 ml cans of Italian tomatoes, cut into cubes
125 ml (1/2 cup) vegetable or chicken broth
30 ml (2 Tbsp) olive oil
1 medium red onion, cut into thin slices
5 medium carrots, cut into small pieces
2 yellow peppers, cut into small pieces
1 garlic clove, pressed
30 ml (2 Tbsp) tomato paste
15 ml (1 Tbsp) ground cumin (optional)
7.5 ml (1/2 Tbsp) ground cinnamon (optional)
7.5 ml (1/2 Tbsp) ground nutmeg (optional)
30 ml (2 Tbsp) fresh parsley, cut
500 ml (2 cups) cooked brown rice



In a large casserole, heat the oil and sauté the onion, garlic, carrots and peppers until the onion is soft.

Add the spices, bean, chickpeas, tomatoes with juice, vegetable broth and tomato paste. Cover and simmer for 45 minutes, stirring occasionally.

Add the corn and simmer for 5 minutes.

Before serving, add the brown rice and sprinkle with parsley.

12
muffins

»» Homemade muffins

250 ml (1 cup) flour
250 ml (1 cup) wheat or oat flour
125 ml (1/2 cup) sugar
5 ml (1 tsp) baking powder
2.5 ml (1/2 tsp) baking soda
2.5 ml (1/2 tsp) salt
1 egg
175 ml (3/4 cup) unsweetened orange juice
125 ml (1/2 cup) canola oil
5 ml (1 tsp) grated orange peel
250 ml (1 cup) cranberries (fresh or frozen), cut into pieces
125 ml (1/2 cup) finely grated apple

Mix dry ingredients together.

Beat liquid ingredients together.

Add to dry ingredients.

Oil the muffin tin or put paper muffin liners in the tin.

Fill to 3/4 with muffin batter.

Bake at 350°C (180°F) for 30 minutes or until a knife inserted in the centre of a muffin comes out clean.



A little planning goes a long way

It is easier to eat well with a little planning. Here are a few ideas.

- **Double** your recipe and freeze part of it for a future meal.
- When you have a bit of time, prepare ingredients for the next few days. For example, wash some salad, cut up raw vegetables, grate some cheese, cook some barley or rice.
- Cook with friends so you can share costs and tasks. You can also join a collective kitchen near you (see the *Useful addresses* section at the back of the magazine).
- If your friends or family offer to help, ask them to prepare healthy dishes.



Must-haves

Have basic foods on hand that will allow you to make good meals quickly:

- whole-wheat couscous, brown rice
- whole-wheat pasta
- whole-wheat bread, bagels, tortillas
- canned legumes

- frozen and canned fruit and vegetables
- tomato or vegetable juice
- canned fish (salmon, light tuna, sardines)
- dried fruit
- sandwich preparations (chickpea purée, tofu spread)

- eggs
- cheese
- tofu
- plain yogurt
- fine herbs, spices, mustard, ketchup, soy sauce

Being active IS FUN

Many

benefits

for **YOU**



Everyone needs to move; there are so many benefits to doing it!



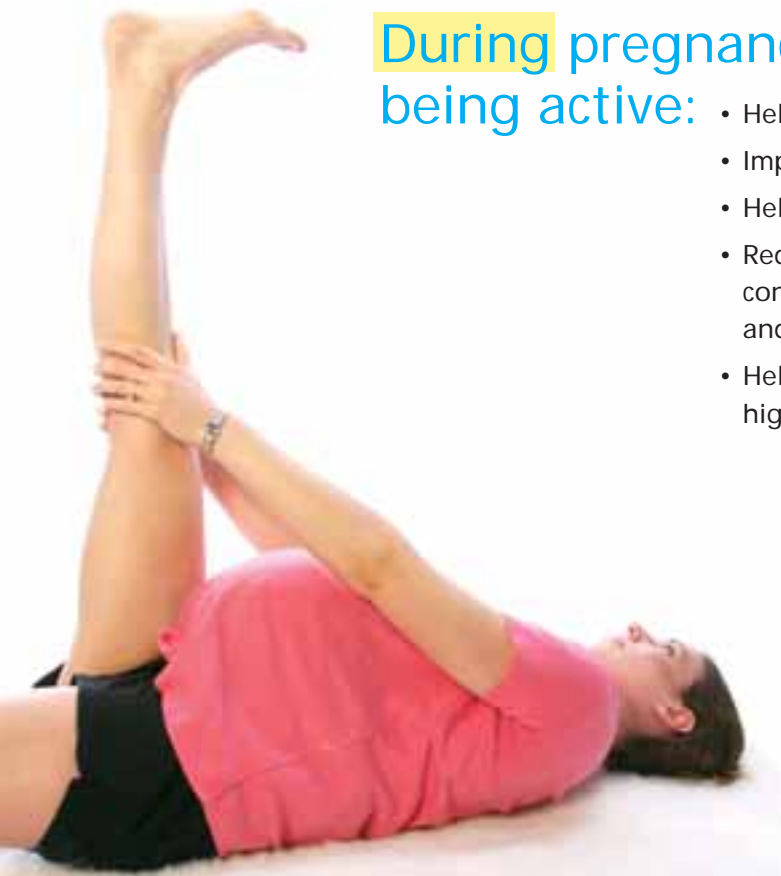
Physical activity:

- Gives energy
- Helps sleep better
- Improves strength, flexibility and endurance
- Helps control weight
- Improves your mood
- Reduces stress and helps you relax
- Helps prevent and control:
 - Some heart diseases
 - Diabetes
 - Overweight and obesity
 - High blood pressure
 - Osteoporosis (fragile bones)
 - Depression and anxiety

Energy

+GOOD MOOD

+ENDURANCE



During pregnancy, being active:

- Helps you get in better shape
- Improves posture and balance
- Helps prevent too much weight gain
- Reduces certain discomforts such as constipation, swollen feet, breathlessness, and backaches
- Helps prevent gestational diabetes, high blood pressure and varicose veins



After delivery, exercise:

- Helps you recover more quickly
- Helps you return to your normal weight
- Reduces fatigue, stress and depression
- Allows you to take some time for yourself



Talk to your doctor

Physical activity can be contraindicated for some pregnant women with health problems or whose pregnancy is complicated. Before starting to exercise, talk it over with your doctor.

A balanced exercise program

» A balanced exercise program includes:

- Cardiovascular exercises to give your heart, blood vessels and lungs a good workout
- Muscular exercises to improve strength, flexibility and posture

It is recommended to do at least 30 to 60 minutes of physical activity almost every day.

It might seem like a lot, but you don't have to do it all at once. A few 10- to 20-minute periods of physical activity a day does the trick!

For example, if you:

- walk 20 minutes during lunchtime
- bicycle with the kids for 20 minutes before supper
- do 10 minutes of muscle strengthening exercises while watching television in the evening

you've done 50 minutes of exercise and you're in better shape for your other activities!

Cardio



muscular exercises



GOOD
SHAPE

1. Cardio-vascular exercises

It is recommended to do at least **30 minutes** of cardiovascular exercise almost every day.

If you are **not very active** +

If you're not used to being active, start slowly.

Start with a light physical activity like walking at a normal pace for 10 to 15 minutes, 3 times a week for 2 weeks.

If all goes well:

- Gradually increase the time you spend doing light physical activity until you get up to 30 to 40 minutes, 3 times a week.
- Then, do 30 to 40 minutes of light physical activity almost every day.
- During the 4th month of pregnancy, you can move from a light to a moderate physical activity like brisk walking.

1
2
3



GO



If you are already **active** ++

If you are already active, you can continue to exercise lightly to moderately.

Doing moderate-intensity physical activity makes you feel a bit out of breath but you can still talk while doing it.

Your heart rate should be between:

- 110-150 beats a minute if you are under 30 years old
- 110-145 beats a minute if you are 30 to 39 years old
- 110-140 beats a minute if you are 40 years old or over

A number of cardiovascular activities are safe for pregnant women and can be done either at low or moderate intensity: walking, bicycling, stationary bicycling, swimming, aqua fitness, aerobic dancing, cross-country skiing, and snowshoeing.

A date with fun

**To do physical activity almost every day,
you have to plan it and enjoy it!**

Take some time to think about activities you would like to do. Think about what you prefer: Do you like doing activities alone or with other people? Indoors or out? With or without music?

Find out about what is available close to you:



- Call the recreational service in your neighbourhood.
- Ask people at work.
- Talk to your friends.



There is something for everyone:
taking a dip in the neighbourhood
pool with friends, doing home
exercises, dancing to your favourite
music and walking in the park
with your dog are a few examples.

To make sure you don't forget to
exercise, reserve some time for it in
your weekly schedule and stick to it.

If you feel guilty about taking some
time for yourself, remember that taking
these few moments has a positive effect
on your morale and helps you manage
stress better. If you move more, you'll be
in a better mood, less stressed and less
tired. Everyone will benefit!





All opportunities are good



Don't have enough time?

Take advantage of all opportunities to move:

- Take the stairs rather than the elevator.
- At work or at school, go for a walk during breaks.
- When you're sitting at the computer, rotate your shoulders and head.
- Park your car a little further from the entrance and walk.
- Do stomach and back muscle contractions while travelling in the bus.
- Set up a "walking school bus" with other parents in your neighbourhood and take turns walking the kids to school.
- Play outdoors with the kids.

Time spent doing work around the house also counts! Vacuuming, gardening, raking leaves... these are all exercises!

Take the time to be aware of how good you feel when you're more active.





Activities to avoid during pregnancy

- Sports that require jumping, contact or impact sports
- Activities where there is a risk of falling
- Competitive sports
- Horseback riding
- Downhill and water skiing
- Climbing
- Surfing
- Scuba diving
- High-altitude activities (>1600 metres)
- Activities that require balance

For safety and enjoyment



- Don't do intense activities that can exhaust you.
- If you are out of breath to a point where you can't talk while doing an activity, do it with less intensity.
- Dress comfortably; sports bra, shoes with proper support and light clothing that breathe.
- Don't exercise outdoors when it's hot and humid.
- Make sure you drink water during and after activities.
- Have a snack after exercising.
- During the third trimester (starting at the 7th month), the size of your belly might make it more difficult for you to breathe and it might cause balance problems: make adjustments as needed.
- While you're exercising, if you feel stomach cramps or pain, have vaginal bleeding, dizziness, difficulty breathing or any other discomfort that you think is not normal, stop the activity and contact your doctor.

2. Muscular exercises

It is recommended to do muscular exercises **3 to 4 times** a week, alternating between a day of rest and a day of muscle-building exercises.

You can do these exercises at home: All you need is a rug, a chair and 1- to 3-pound weights (dumbbells, small water bottles or cans).



To do these exercises effectively and safely:

- Do each exercise slowly and gently, with no sudden movements.
- Breathe normally while exercising and avoid holding your breath.
- Go gradually: at first, do each exercise a few times, and gradually increase repetitions until you reach the recommended number.
- If the exercises become easy over time, you can use 1- to 3-pound weights to do them.
- You shouldn't feel pain when doing the exercises but you should feel that your muscles are working out.

Exercises of the pelvic floor muscles

The pelvic floor muscles extend over the pubic bone, coccyx and pelvis. They surround the anus, vagina and urethra. These muscles are under a lot of pressure during pregnancy and delivery, and they become weaker. If these muscles get too weak, women can experience urine leakage when they cough, sneeze or laugh.



To understand where pelvic floor muscles are located:

- Pretend you're trying to keep from expelling gas and squeeze your anus.
- Imagine that you have a tampon in your vagina and squeeze it to keep it in.
- When you are urinating, stop the flow before you have finished and then let go. To avoid urinary infection, do this movement only once.

The pelvic floor muscles are the ones that allow you to do these things.

To keep pelvic floor muscles in good shape, it is important to do regular exercises (see next page).

You can do the following exercises for pelvic floor muscles a few times a day

RELAX

The wave:

- Sit on a chair, back straight.
- One after the other, contract the muscles of your anus (like if you're trying to retain gas), vagina (like if you're trying to keep a tampon in) and urethra (like you're trying to retain urine).
- Keep the muscles contracted for 10 seconds and release for 5 seconds.
- Repeat 10 times.

Maximum contraction:

- Sit on a chair, back straight.
- Contract pelvic floor muscles tightly, like if your trying to keep in urine and gas.
- Keep the muscles contracted for 10 seconds and release for 5 seconds.
- Repeat 10 times.

The wink:

- Sit on a chair, back straight.
- Contract pelvic floor muscles rapidly and tightly, like if your trying to keep in urine and gas.
- Keep the muscles contracted for 1 second and release for 1 second.
- Repeat 15 times.

BUTTOCK

AND THIGH

MUSCLES



When you do these exercises, make sure you relax your buttock and inner thigh muscles, and breathe normally.

During your pregnancy,

get into the habit of contracting the pelvic floor muscles when you do something that causes pressure in your stomach, for example, when you cough, sneeze or lift something heavy.



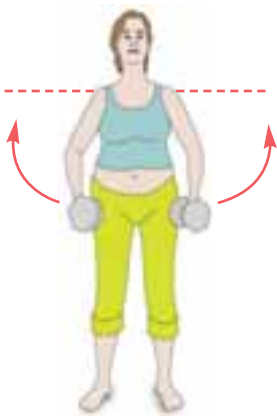
A muscular exercise program

Muscle strengthening



1. Strengthening the upper back

- Stand with your feet shoulder-width apart.
- Lower the shoulders and bring the shoulder blades in towards the backbone; hold for 10 seconds and then release for 5 seconds.
- Repeat 10 times.
- Rest for a minute; repeat the exercise 10 times.
- Don't forget to breathe normally during the exercise, don't hold your breath.



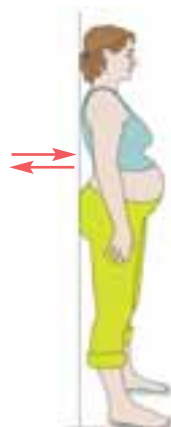
2. Strengthening the shoulders

- Stand with your feet shoulder-width apart, arms slightly bent, and hold a 1- to 3-pound weight in each hand.
- While counting to 5, raise your arms until they are horizontal (do not lift them above the shoulders).
- Lower the arms while counting to 5.
- Repeat 10 times.
- Rest for a minute.
- Repeat 10 times.



3. Strengthening the arms

- Stand with your feet shoulder-width apart, arms hanging down; hold a 1- to 3-pound weight in each hand.
- Bend your elbows and bring the weights up to the shoulders while counting to 5.
- Lower the arms while counting to 5.
- Repeat 10 times.
- Rest for a minute.
- Repeat 10 times.



4. Strengthening the low back

- Stand with your back against the wall, knees slightly bent.
- Swing your pelvis forward by contracting your stomach muscles so that your low back is against the wall.
- Hold the position for 10 seconds and then release for 5 seconds.
- Repeat 10 times.
- Rest for a minute; repeat the exercise 10 times.
- Don't forget to breathe normally.

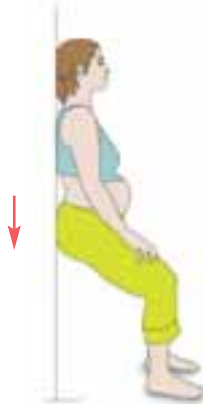
Here are a few muscular exercises you can do every

2 days



5. Strengthening the hips

- Stand next to a wall with your left hand against the wall.
- While counting to 5, lift your right leg to the side.
- Bring your leg back towards the other without touching the floor while counting to 5.
- Repeat the exercise 10 times with the right leg.
- Change sides and do the exercise 10 times with the left leg.
- At first, do the exercise barefooted; after a few weeks, put on your shoes to increase the difficulty.



6. Strengthening the legs

- Stand with your back against the wall and your feet shoulder-width apart.
- Bend your knees and move your feet forward so that your back slides down the wall.
- Stop when you reach a sitting position (as if you were sitting in a chair), with your knees bent at about a 90° angle.
- Hold this position 30 to 60 seconds.
- Stand up and rest for a minute.
- Repeat the exercise 2 or 3 times.
- Don't forget to breathe normally during the exercise. Don't hold your breath.



7. Strengthening the stomach

- Sit on a chair, back straight.
- Contract the pelvic floor muscles and the stomach muscles, as if you wanted to move your navel towards your spine. Keep the muscles contracted for 10 seconds and release for 5 seconds.
- Repeat 10 times.
- Rest for a minute; repeat the exercise 10 times.

You can do this exercise during your daily activities, when you are sitting.



8. Strengthening the back and stomach

- Get down on all fours; keep your back straight.
- Contract the pelvic floor muscles and the stomach muscles, as if you wanted to move your navel towards your spine. Keep the muscles contracted for 10 seconds and then release for 5 seconds.
- Repeat 10 times.
- Rest for a minute; repeat the exercise 10 times.
- Don't forget to breathe normally during the exercise. Don't hold your breath.

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N O R M A L L Y »



A muscular exercise program

Muscle stretching



9. Stretching the back

- Get down on all fours, hands and knees shoulder-width apart.
- Start by bringing the coccyx down between your legs; then round your low back, middle, and shoulders, and then let your head drop so that your back is rounded.
- Hold this position about 30 seconds, breathing normally. Let go for 5 seconds without arching the back.
- Repeat 3 times.



10. Stretching the inner thighs

- Sit on the floor with soles of the feet pressed together, back straight.
- Bend your torso slightly forward for about 30 seconds and then release for 5 seconds.
- Repeat 3 times.



11. Stretching the front and back of the thighs

- Stand with your back straight, right foot on the floor, left foot on a chair.
- Move your body forward to stretch the front of the left thigh and the back of the right thigh; hold for 30 seconds then let go for 5 seconds.
- Repeat the exercise with your left foot on the floor.
- Repeat the exercise 3 times on each side.



“DON'T GIVE



12. Stretching the calves

- Stand facing a wall, with hands against the wall.
- Put your weight on the right leg and slightly bend your left leg at the knee.
- Bend forward to stretch the right calf; hold for 30 seconds and then release for 5 seconds.
- Repeat the exercise with the weight on the left leg.
- Repeat the exercise 3 times on each side.



13. Stretching the torso

- Stand with your feet shoulder-width apart.
- Place your right hand on your hip; stretch the left arm up, and bend your waist to the right, without turning your shoulders or pelvis.
- Stretch your left hand up as high as possible to stretch your left side fully for 30 seconds and then release for 5 seconds.
- Repeat on the other side.
- Repeat the exercise 3 times on each side.
- Breathe normally.



14. Stretching the upper back

- Stand with your feet shoulder-width apart.
- With your left hand, pull on your right arm to bring it close to your left shoulder; hold for 30 seconds and then release for 5 seconds.
- With your right hand, pull on your left arm to bring it close to your right shoulder; hold for 30 seconds and then release for 5 seconds.
- Repeat the exercise 3 times on each side.

UP”

Complete exercises to do indoors

Some days it is harder to go outside to exercise. However, you can be active even in the comfort of your home:

- Pick some music you like that has a good rhythm but isn't too fast.
- Go to a room in the house where there's enough space to take a few steps and a wall against which to lean.
- To the rhythm of the music, alternate between a cardiovascular and a muscle strengthening exercise.
- Do the exercise with light or moderate intensity: if you can't sing while you're moving, find slower music.
- Read the exercises before you begin.
- Keep your stomach muscles contracted (navel pulled in) while you exercise.
- Drink water.



**START THE MUSIC
AND GO!**



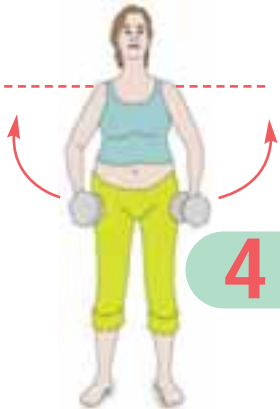
1 Walk on the spot for 60 to 100 steps, lifting your knees.



2 Stop walking and do muscle strengthening exercise No. 1 (see the description) 15 times. Don't forget to breathe!

3

Take a step to the side with your right leg and then bring in your left leg. Then, take a step to the side with your left leg and bring in your right leg. Take 50 steps on each side.

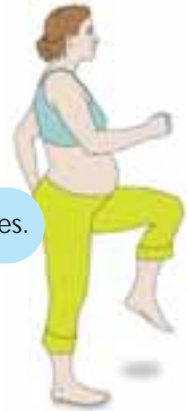


4 Stop walking and do muscle strengthening exercise No. 2 (see the description) 15 times.

5 Walk on the spot for 60 to 100 steps, lifting your knees.



6 Stop walking and do muscle strengthening exercise No. 3 (see the description) 15 times. Breathe!

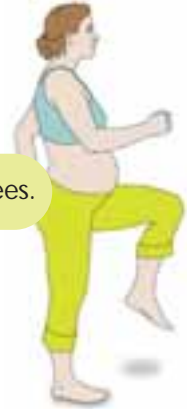


7 Take a step to the side with your right leg and then bring in your left leg. Then, take a step to the side with your left leg and bring in your right leg. Take 50 steps on each side.

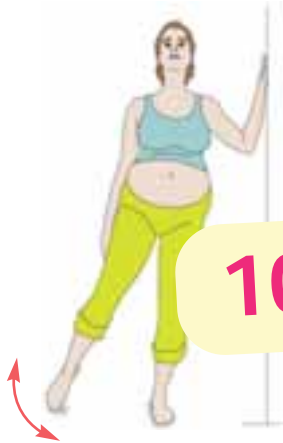


8 Stop walking and do muscle strengthening exercise No. 4 (see the description) 15 times.

9 Walk on the spot for 60 to 100 steps, lifting your knees.



10 Stop walking and do muscle strengthening exercise No. 5 (see the description) 15 times for each leg. Don't forget to breathe.



11 Take a step to the side with your right leg and then bring in your left leg. Then, take a step to the side with your left leg and bring in your right leg. Take 50 steps on each side.



12 Stop walking and do muscle strengthening exercise No 7 (see description) 15 times.



“It takes about
15 minutes
to do this series
of exercises.”

You can repeat the series once or twice if you wish. Finish the session by walking lightly in place, without lifting the knees, to let your heart recover. If you wish, you can also do a few stretching exercises.

Exercising after giving birth



You and your doctor can decide when you can progressively start exercising again.

To make sure you find time to be active once the baby is born: take advantage of **every available moment**; ask your friends and family for help; bring the baby with you; or exercise at home.

A few days after giving birth, if you feel well enough, you can start **going for walks** with the baby, and do the pelvic floor muscle exercises (see p. 62).

In the following weeks, you can progressively resume your muscular exercise program.

After a month or two, depending on your capacity and with the help of the people around you, try to do 30 to 60 minutes of physical activity almost every day.

If you are breastfeeding:

- Wear a bra that provides good support but does not compress the breasts.
- Exercise right after you breastfeed, while the breasts are less heavy.
- Drink a lot of liquids while exercising and after.

Be **proud of taking the time** to exercise. You're doing it for yourself and for your baby, who will have a mom who's in good shape, more rested and more relaxed.

Managing

stress

Many benefits
for **you!**

Learning to control stress helps you maintain a **balance** in your life. It makes life much easier and more pleasant.

While you are pregnant and after the baby is born, it will help you get through these times of change and unexpected events more easily.



Recognising stress

Stress allows us to deal with positive and negative life events. It is a normal and useful reaction. But too much stress can be harmful to your health.

control stress



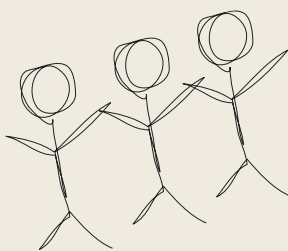
If you are **too stressed out**, you can have:

- tight muscles or muscle pain
- fatigue
- headaches
- palpitations
- stomach discomforts, diarrhea
- sleep problems
- mood swings: you can be irritable, nervous or sad

Stay in touch

During pregnancy and after giving birth, don't isolate yourself. Stay in touch with people you love and who are good for you. They are there to listen to you, laugh with you, do activities you like, and give you a hand if you need it. They're probably only waiting for a sign from you to help you out.

These people are special to you. Don't lose touch!



“ Listen to your body so you can be aware if you are too stressed out. ”

Tips to reduce stress

People don't all get stressed out for the same reasons. What's important is to know what causes you to feel stressed and to find ways to control these things.

1 Think about what makes you feel stressed

Think about what stresses you out at home, at work, and with friends or family

What makes me feel stressed is:

- _____
- _____
- _____
- _____

2 Avoid the things that make you feel stressed

When possible, avoid people or situations that stress you out.

For example, if you don't feel good around some of your spouse's friends, you might suggest that he go out with them on his own

Things I will avoid:

- _____
- _____
- _____
- _____

3 Change the things that make you feel stressed

When possible, change the situations that stress you out.

For example, if you get stressed every evening because the children fight, try to change this situation. You can:

- Suggest a reward system that will encourage the children to behave better.
- Ask your spouse to help you in the evening.
- Ask a friend to babysit the kids a few times a month so you can have some time off.

Things I will change:

- _____
- _____
- _____
- _____

Reduce your reaction to stress

Some things can't be avoided or changed. However, you can try to react to them differently. You can change your way of seeing things.

For example, if your colleague comes in late to work again and you feel the tension growing, stop, take a deep breath and ask yourself if it's really worth your getting upset. You can decide that it isn't and take advantage of this time to read or do something else!

Things I will not get so stressed out about:

- _____
- _____
- _____
- _____

Take time for yourself

Make a habit of taking some time for yourself every day to do things that you like:

- Listen to music.
- Call a friend.
- Read a magazine or a good book.
- Take a walk.
- Do relaxation.
- Do an activity that you like.

What I will do for myself:

- _____
- _____
- _____
- _____

Learning to Relax



{ Doing relaxation exercises helps you feel calmer, be in a better mood and concentrate better }

Here are a **few exercises** you can do every day. During pregnancy, do these exercises while sitting in an armchair with a headrest and armrests. After giving birth, you can do these exercises lying down.

Breathe from your stomach

Do this exercise for a few minutes.

1. Get in a comfortable position and put your hand on your stomach.
2. Breathe out your mouth while pulling in your stomach for 2 or 3 seconds.
3. Relax your stomach muscles.
4. Breathe in while expanding your stomach and then your chest to the maximum, without raising your shoulders.
5. Hold your breath for 2 to 3 seconds.
6. Breathe out your mouth to empty the chest and stomach.
7. Take 4 or 5 normal breaths.
8. Repeat from step 2.

» Make up your own **story**



THINKING about nice images or pleasurable moments helps relax and reduce physical tension.

Go somewhere quiet and get comfortable; close your eyes and think about things that you like. Let your imagination run free...

Relax completely

Go someplace quiet and get in a comfortable position. Close your eyes.

Relax each part of your body one after the other, starting with the feet and moving up to the head. Take 10 to 20 seconds to relax each part.

- Relax your toes, ankles, calves and thighs.
- Relax your buttocks.
- Relax your low back, then your middle and finally your upper back.
- Let your stomach breathe freely.
- Relax the back of your neck and your shoulders.
- Let your arms rest heavily.
- Relax your hands and all your fingers.
- Relax your lips and open your mouth slightly.
- Let your cheeks fall.
- Relax your forehead.

Take a few minutes to enjoy the relaxation. To finish, stretch out and breathe deeply.



Spoil your senses...


Every day, please:

- your eyes: take the time to look at a beautiful sky, the stars, people...
- your ears: listen to music or to the birds singing...
- your mouth: taste a juicy piece of fruit, a delicious muffin ...
- your hands: stroke your baby, pet an animal, dig in the earth...
- your nose: breathe in the smell of bread, of flowers ...



Answers

to your Questions



I have a lot
of questions that
I would like
answered...

My doctor has prescribed vitamins while I'm pregnant. Do I have to take them even if I eat well?

Vitamins prescribed by your doctor are necessary. They don't take the place of a good diet, but they do round it out. During pregnancy, women need more vitamins and minerals like folic acid and iron. Both are important for your health and the health of your baby. Your doctor has prescribed supplements to ensure that you get enough of all the nutritional elements you need (see *Eating well is good*, p.30).

Since I got pregnant, I smoke mild cigarettes and smoke less. Is this less dangerous for the baby?

You've already taken a big step by smoking less: Congratulations!

Ideally, you should stop smoking completely because:

- As long as you smoke, you and your baby are absorbing toxic products.
 - People who smoke less absorb just as many harmful products since they smoke each cigarette with more intensity.
 - Your brain is still in the habit of getting nicotine every day. Once you have given birth, you will tend to go back to smoking like before.
 - Mild cigarettes are just as dangerous for your health as regular cigarettes.
- You've already succeeded in smoking less: have confidence in yourself. You can get rid of cigarettes completely! (see *Living smoke free*, p. 11).

Since I got pregnant, I worry a lot and I feel stressed out. I try to calm myself down but it's hard. What can I do?

Most women have concerns when they are pregnant. You can ask your doctor questions, talk to your friends who have had children, get information on the Internet, and register for prenatal courses at your CLSC.

Try the following suggestions to reduce stress: exercise regularly, take breaks a few times a day to relax, get together with some friends and do activities that you like, and sleep 7 to 8 hours a night. If you can't get your stress level down, don't hesitate to ask for help. Support from your friends, your family and, eventually, a health professional like a social worker or psychologist can be very valuable (see *Managing stress*, p.72).

I have friends who smoked when they were pregnant and their children are in perfect health. Why ask pregnant women not to smoke?

We recommend that women refrain from smoking because it has been proven that smoking increases the risks of complications for the mother and her baby. When we say the risks are higher, it doesn't mean that everyone is affected. However, choosing not to smoke during pregnancy means taking no chances! (see *Living smoke free*, p.11).

... "choosing not to smoke during pregnancy means taking no chances!"

I would like to be more physically active but I'm afraid it might be dangerous for my baby.

In general, being active during pregnancy is excellent for both mother and baby. To put your mind at ease, confirm with your doctor that it's okay for you to do physical activities. Choose activities that are safe, such as exercising in water, prenatal yoga, and walking. Avoid jumping, abruptly changing direction, and contact sports.

Make sure you stay well hydrated while you exercise, and you don't exhaust yourself.

If there is a problem, stop the exercise and talk to your doctor (see *Being active is fun*, p.53).

Useful

addresses



Living smoke free

- **J'Arrête telephone help line: FREE**
 - Information and help line
 - 1-866-j'arrête (1-866-527-7383)
- **Quit smoking centres: FREE**
 - One-on-one smoking cessation support
 - 1-866-j'arrête (1-866-527-7383)
- **Web sites for smoking cessation**
 - www.jarrete.qc.ca
 - www.defitabac.qc.ca
- **Drugs: help and referral: FREE**
 - Information, referral and help for drug and alcohol consumption problems
 - 514-527-2626 or 1-800-265-2626
 - www.drogue-aidereference.qc.ca
- **Motherisk: FREE**
 - Information about drug and alcohol consumption during pregnancy and breastfeeding
 - 1-877-327-4636
 - www.motherisk.org (English only)



http://
www.jarrete.qc.ca



Eating well is good

- **SOS Cuisine: FREE**

- Personalised meal-planning service
- Every week you receive: menus, recipes, a grocery list and an action plan
- www.soscuisine.com

- **Québec Collective Kitchens Association**

- A collective kitchen is a small group of people who pool their time, money and skills to prepare healthy money-saving meals
- 514-529-3448
- www.rccq.org

- **Health Education Centres: FREE**

- Professionals provide support to individuals who want to improve their lifestyle habits
- You can prepare a personalised action plan to adopt health lifestyle habits and find out about the services offered in your neighbourhood
- www.santemontreal.qc.ca: see *Profile of Health Care Network, Health and Social Services Centres, List of CSSSs*

- **5/30 Health Challenge**

- A site that provides support to improve your diet and physical fitness
- www.defisante530.ca

- **Health Canada, Eating Well with Canada's Food Guide**

- To download or access the document on line: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html
- To order a free copy: 1-800-O-CANADA (1-800-622-6232)

- **Fish consumption advice, as per Health Canada**

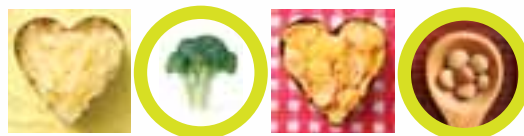
- www.hc-sc.gc.ca: *Food & Nutrition, Food Safety, Chemical Contaminants, Mercury* section
- 1-866-225-0709

- **Guide de consommation du poisson de pêche sportive en eau douce**

- www.mddep.gouv.qc.ca/eau/guide

- **Canada's Seafood Guide**

- Check list to verify if a fish contains contaminants and if fishing is done in a way that protects the oceans
- www.seachoice.org

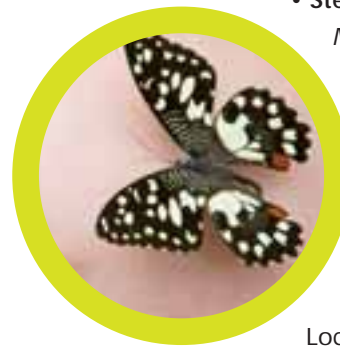


Being active is FUN

- **Health Education Centres: FREE**
 - Professionals provide support to individuals who want to improve their lifestyle habits
 - You can prepare a personalised action plan to adopt health lifestyle habits and find out about the services offered in your neighbourhood
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- **5/30 Health Challenge**
 - A site that provides support to improve diet and physical fitness
 - www.defisante530.ca
- **The maternity series: videocassettes by Josée Lavigne**
 - Prenatal exercises
 - Getting back in shape after the baby is born
 - Health through stretching
- **Active pour la vie, Kino-Québec**
 - Brochure on physical activity during pregnancy
 - To download or access the document on line: www.kino-quebec.qc.ca
- **Chantale Dumoulin. En forme en attendant bébé, exercices et conseils.** Éditions de l'Hôpital Sainte-Justine, 2001

Managing stress

- **CLSCs at Montréal Health and Social Services Centres (CSSS): FREE**
 - www.santemontreal.qc.ca : see *Profile of Health Care Network, Health and Social Services Centres, List of CSSSs*
- **Centre Premier Berceau: FREE**
 - Support and guidance during first pregnancy
 - 514-598-0677
- **Referral services, Ordre des psychologues du Québec**
 - 514-738-1223 or 1-800-561-1223
 - www.ordrepsy.qc.ca
- **Flyer entitled *La santé mentale : un équilibre à cultiver* by the Mental Illness Foundation: FREE**
 - To order a copy: 514-529-5354 ext. 221



- **Stéphanie Milot,** *Mieux vivre avec le stress,* éditions Logiques, 2007
- **Jacques Lafleur and Robert Béliveau.** *Les quatre clés de l'équilibre personnel.* Montréal: les Éditions Logiques, 1994.

General advice

- **From Tiny Tot to Toddler** by the Institut national de santé publique du Québec
 - Practical guide with information about pregnancy, breastfeeding and the first two years of life with your child
 - Given at no cost to all future parents during pregnancy follow-up
 - www.publicationsduquebec.gouv.qc.ca

**Agence de la santé
et des services sociaux
de Montréal**

Québec 