



Have Questions about Healthy Eating for Pregnancy?

- What can I do about my morning sickness or heartburn or constipation?
- What is the right weight gain for me?
- Do I need to take vitamins?
- I avoid several foods for medical reasons - am I missing anything my baby needs?
- How do I know if I'm eating enough?
- How much more do I have to eat for twins?
- I don't drink milk. How can I get enough calcium?
- I'm vegetarian. How can I get enough iron?
- Can I drink herbal teas during pregnancy?
- How do I lose my pregnancy weight?
- I'm planning a pregnancy - how much folic acid do I need to take?

Call 604-875-2330

and receive expert advice from a
Registered Dietitian:

- ◆ Information by Phone
- ◆ Personal Appointments

This free service is provided by BC
Women's Hospital & Health Centre
Monday - Thursday 9 am to 3:30 pm



4500 Oak Street
Vancouver, B.C.
V6H 3N1

Reviewed October 2008

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