



**BC WOMEN'S  
HOSPITAL+  
HEALTH CENTRE**

An agency of the Provincial  
Health Services Authority















# What do I need to eat during pregnancy?



A Registered Dietitian at BC Women's Hospital can answer your questions about healthy eating during pregnancy and breastfeeding.

To speak to a dietitian call:

**604-875-2330**

-  What is the right weight gain for me?
-  How do I lose weight before I get pregnant?
-  Do I need to take vitamins?
-  How do I know if I am eating enough?
-  I need more iron, what foods have lots of iron?
-  How much more do I have to eat for twins, triplets?
-  I don't drink milk. How can I get enough calcium?
-  I'm vegetarian. How can I get enough iron and protein?
-  Can I drink herbal teas during pregnancy?
-  I avoid several foods due to allergies – am I missing anything my baby needs?
-  What can I do about my morning sickness or heartburn or constipation?
-  I'm planning a pregnancy – how much folic acid do I need to take?
-  I am breastfeeding and pregnant with a new baby – how do I know that I'm getting enough to eat?
-  What foods should I avoid while I am pregnant?

*This service is provided for MSP covered clients by BC Women's Hospital Diagnostic & Ambulatory Clinics.*