

# Growing Your Baby during Pregnancy

## What can I expect to learn?

Join an AHS dietitians to explore what and how much to eat during pregnancy.

You will learn about:

- meal and snack ideas
- nutrients you need in pregnancy
- safe foods to eat during pregnancy
- managing discomforts while pregnant

## How is this class being offered?

- Over Zoom®

## How long is the class?

- 1 ¼ hours (1 hour, 15 minutes)

## Does it cost to attend?

- It's free!

## Who can register for this class?

- This virtual nutrition class is for anyone wanting to learn about healthy strategies during pregnancy.
- This class is suitable for people planning a pregnancy or are pregnant. Support persons are welcome.

## How can I register for this class?

- Online: <https://redcap.link/CenPrenatal>

## Questions about the class?

- Email: [publichealthnutrition.centralzone@ahs.ca](mailto:publichealthnutrition.centralzone@ahs.ca)



Health Link has dietitians to answer nutrition questions.  
Call 811 and ask to talk to a dietitian.