



Dairy Foods for Pregnancy

Dairy foods help your baby grow.









They give you and your baby protein, calcium, and vitamin D.

Choose dairy foods at meals and snacks.

Dairy foods

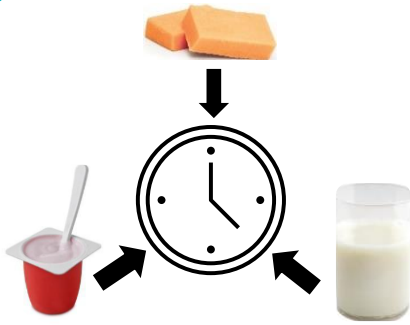
 A carton of milk, a glass of milk, and a can of evaporated milk.	 A bowl of cubed paneer and two slices of cheddar cheese.	 A container of plain yogurt, a yogurt drink, and a bottle of kefir.	 A 1 kg bag of instant skim milk powder.
Milk or canned milk	Hard cheese or heated paneer	Yogurt, yogurt drinks, or kefir	Skim milk powder

Ways to include dairy foods at meals and snacks

 A bowl of curry with vegetables and paneer.	 A cup of hot chocolate or latte.	 A bowl of cereal with strawberries.	 A bowl of soup with vegetables.
Curry dishes	Hot drinks (hot chocolate, latte)	Hot or cold cereal, or congee	Milk-based soups or sauces
 A bowl of pasta with sauce and cheese.	 A cup of pudding.	 A smoothie and a glass of lassi.	 A glass of yogurt with fruit.
Pasta, potatoes, or eggs	Pudding or rice pudding	Smoothie, lassi, or ayran	Yogurt with fruit

Lactose intolerance

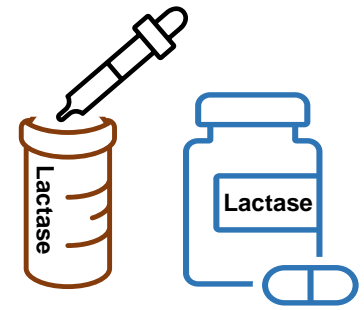
Some people get an upset stomach when they drink milk or eat dairy foods. This is often because of lactose, a natural sugar found in dairy foods. If this is you, try to:



Spread out dairy foods in smaller servings during the day.



Eat lactose-free dairy products or soy products.



Use lactase drops or pills that help you digest lactose.



Eat dairy foods that are low in lactose, like: hard cheese (cheddar and Swiss), yogurt, and kefir.

If you do not eat dairy foods



Use fortified soy beverage in place of milk. Almond, oat, and other plant-based beverages have less protein and calcium.



Eat foods with calcium and protein, like: tofu, almonds, and soy yogurt.



To learn more, visit the **Healthy Parents Healthy Children** website (HealthyParentsHealthyChildren.ca).

If you have nutrition questions, call 811. Ask to talk to a dietitian. Visit ahs.ca/Nutrition.