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

<table>
<thead>
<tr>
<th>Milk or canned milk</th>
<th>Hard cheese or heated paneer</th>
<th>Yogurt, yogurt drinks, or kefir</th>
<th>Skim milk powder</th>
</tr>
</thead>
</table>

### Ways to include dairy at meals and snacks

<table>
<thead>
<tr>
<th>Pudding or rice pudding</th>
<th>Pasta, potatoes, or eggs</th>
<th>Smoothie or lassi</th>
<th>Milk-based soups or sauces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot drinks (hot chocolate, latte)</td>
<td>Curry dishes</td>
<td>Yogurt with fruit</td>
<td>Hot or cold cereal, or congee</td>
</tr>
</tbody>
</table>
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 small servings of dairy across your meals and snacks. 

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

Use a fortified soy beverage in place of milk.  

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

My plan:

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

If you have questions about dairy, call 811.  
Ask to talk to a dietitian.