

# 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

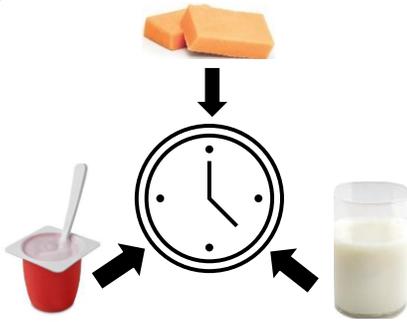
 A carton of milk, a glass of milk, and a can of evaporated milk.	 A bowl of cubed paneer and two slices of cheddar cheese.	 A container of plain yogurt, a yogurt drink, and a bottle of kefir.	 A 1 kg bag of instant skim milk powder.
Milk or canned milk	Hard cheese or heated paneer	Yogurt, yogurt drinks,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

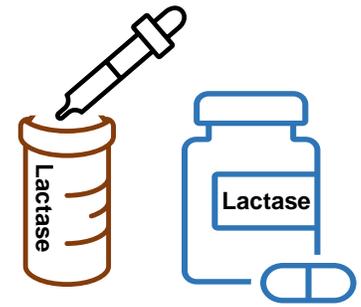
Some people get an upset stomach when they drink milk or eat dairy foods. This is often because of lactose, a natural sugar found in dairy foods. If this is you, try to:



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](https://HealthyParentsHealthyChildren.ca)).

If you have nutrition questions, call 811. Ask to talk to a dietitian. Visit [ahs.ca/Nutrition](https://ahs.ca/Nutrition).