

Growing Your Baby: What to Eat during Pregnancy

What can I expect to learn?

Join 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: [Central Zone Public Health Nutrition AHS Events | Eventbrite](#)

Questions about the class?

- Email: publichealthnutrition.centralzone@ahs.ca



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