

# Should I get Extra Nutrition Help?

Have you been wondering about healthy eating for you, and your baby before, during and after pregnancy?



|  | YES                      | NO                       |
|--|--------------------------|--------------------------|
| 1. Are you younger than 17 or older than 35?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Were you underweight or overweight before you became pregnant?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you often diet to lose weight?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you pregnant with twins or triplets?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Are you having trouble eating because of nausea and vomiting?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you a vegetarian who does not eat eggs or milk products?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Are you gaining too little or too much weight?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Is it hard for you to drink milk or eat yogurt or cheese?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you have a condition that requires a special diet?<br>(e.g. food allergies, or digestive problems) | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you been pregnant within the last two years?  | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered **YES** to one or more of these questions, it is a good idea to meet with a dietitian. Ask your health care provider to refer you to the dietitian at the **MATERNITY CENTRE**.

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