



santa, baby

HEALTHY HOLIDAY HABITS FOR THE
MAMA-TO-BE

Developed by Sarah O'Hara, Registered Dietitian Nutritionist

Mindful Mama

- **Listen to your body.** My #1 tip for the holiday season is to truly listen to your hunger and fullness cues. With seasonal favourites all around, it's easy to overindulge only to end up feeling unwell shortly after you've eaten. Nausea, heartburn, and early satiety can all be triggered by eating more than your body's asking for at the time.
- **Be choosy.** Aim for quality over quantity, and allow yourself to truly enjoy your favourites! Don't feel obliged to clear your plate at holiday gatherings simply to be polite.
- **Take time out for yourself.** With a baby on the way it's important to ensure you're giving yourself enough time to relax and recharge. Prioritize your plans, and be sure to schedule some time for self-care and physical activity. Don't be afraid to decline invitations if you're feeling overbooked or exhausted.



Skip this, Try that...

- **Skip: High Risk Foods.** Some of the typical foods we encounter at gatherings are best avoided in pregnancy: alcohol, meat/cheese trays, pates and meat spreads, unpasteurized cider/juices, and homemade eggnog prepared with raw eggs. Be cautious with ready-to-eat foods, and buffet style potlucks. For more information on food safety in pregnancy, check out [this resource](#) from Health Canada.
- **Instead try: Safe alternatives.** Fresh thoroughly cooked meats instead of deli meats, pasteurized hard cheeses instead of soft/unpasteurized cheeses, pasteurized cider/juices, commercial eggnog (prepared using pasteurized eggs). Arrive early to buffet style gatherings, avoiding perishable foods that have been sitting out for more than two hours.

Festive Mocktails

Despite widespread misinformation, there is no safe amount of alcohol intake during pregnancy. Check out these non-alcoholic alternatives to traditional holiday cocktails!

- **Cranberry Twist.** Cranberry juice, soda water, and a splash/garnish of citrus of your choice (orange, lemon, or lime), served over ice.
- **Hot Mommy.** Hot tea (black, green, white, or orange peel), splash of lemon, cloves, nutmeg, and cinnamon or star anise.
- **Mulled Mama.** Warmed red grape juice, dashes of cinnamon, cloves, and splash of citrus.

For more tips and guidance on prenatal nutrition, check out my self-paced eCourse video series, [*Mindful Nutrition for the Mama-to-Be*](#)

Cheers, Sarah xo

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