

Healthy choices start now.

Did you know?

In Ontario, one in four children are overweight or obese.

Your healthy choices can benefit your child's health and development.

First steps

Before your baby is born, you can...

- Stop smoking
- Eat a healthy diet
 - Be physically active
 - Plan to breastfeed your baby
 - See your health-care provider to monitor your weight and be screened for gestational diabetes

For more information, call the Healthy Children Info Line at 519-883-2245.
TTY: 519-883-2427



Region of Waterloo
PUBLIC HEALTH



**Eat healthy.
Live active.**

www.healthywaterlooregion.ca

Next steps

After your baby is born...

- Breastfeed your baby for the first six months, and continue up to two years and beyond
- Introduce solid foods around six months
- Feed your baby at signs of hunger and stop when your baby shows signs of having enough
- Be active and play with your baby every day

Breastfeed your baby...

Breastfeeding may lower the risk of childhood obesity and some diseases; protect against infection and improve your baby's physical and mental development.



Make health a habit...

As your baby grows, your good choices will help keep your child healthy.

You can...

- Offer a variety of foods from *Canada's Food Guide* www.healthcanada.gc.ca/foodguide
- Include vegetables or fruit at each meal or snack
- Serve healthy beverages such as milk
- Offer water for thirst
- Limit 100% fruit juice to 125 ml (1/2 cup) a day
- Serve meals and snacks at regular times
- Let your child choose how much to eat
- Eat meals together as a family
- Be active together! Play with your child every day

