

# INTRODUCTION

## MODULE 5

What did you feed your baby today?

During pregnancy, you are your baby's universe. When you eat, you are feeding your baby too. What you eat during pregnancy can make a difference in your baby's growth and development.



Healthy eating can also improve your own health during pregnancy. It may help prevent or control some of the discomforts of pregnancy like nausea, constipation, and heartburn.

Developing healthy eating habits now will help you, your baby, and your family stay healthy for life.