



# Mocktails *for* Mom

**Be Safe: Have an alcohol-free pregnancy**



*best start*  
*meilleur départ*

by/par health *nexus* santé



## **Give your baby the best start possible**

The safest choice for you and your baby is not to drink any alcohol during your pregnancy. This booklet has recipes for delicious non-alcoholic drinks, also called Mocktails. Try some out. If you don't have some of the ingredients on hand, make up your own recipes. Share your favourites with family and friends.

## **Healthy drinks for a healthy pregnancy**

Pregnant women have additional reasons to think about what they eat and drink. Here are some tips for making healthy drinks for a healthy pregnancy:

- No alcohol
- Use no more than 4 oz. of juice per drink
- Use 100% juices, fruit nectars, fruit cocktails or fruit drinks
- Use frozen yogurt instead of ice cream
- Use 2%, 1% or skim milk instead of cream
- Use sparkling water (soda water) instead of pop
- Add pieces of fruit or vegetables to garnish
- Save drinks that are higher in fat, sugar or calories for special occasions

**Be safe – no alcohol**

Drinking alcohol during pregnancy can cause permanent birth defects and brain damage to your baby.

### Is there a safe time to drink alcohol?

There is no safe time to drink alcohol during pregnancy. Your baby's brain is developing throughout pregnancy. In fact, it is best to stop drinking *before* you get pregnant.

### Is there a safe amount of alcohol?

It is best not to drink any alcohol during your pregnancy. There is *no* known safe level of alcohol use during pregnancy.

### Are some types of alcohol safe in pregnancy?

All types of alcohol can harm your baby (beer, coolers, wine, or spirits). Binge drinking and heavy drinking are very harmful to an unborn baby.



**No safe  
time**

**No safe  
amount**

**No safe  
kind**



# Mocktail Recipes

## Blueberry Ice

1. Fill a tall glass with ice.
2. Add 1 oz. blueberry juice and 3 oz. white cranberry juice.
3. Garnish with a lemon twist.



## Escarpment Mocktail

1. Put 2 oz. orange juice in a glass with ice.
2. Top with 2 oz. lemon-lime sparkling water.
3. Garnish with a strawberry slice.



## Mini Mary Mocktail

1. Rim a tall glass with fresh lime and sea salt.
2. Fill the glass with ice and add 1/4 oz. lemon juice, 1/4 tsp. hot sauce and 4 oz. tomato juice.
3. Stir to mix. Garnish with a lemon wedge and a rosemary sprig.



## Cookie Cutter

1. To a blender, add 1 cup ice, 1 scoop vanilla frozen yogurt, 1 tbsp. butterscotch sauce, 1/8 tsp. ground cinnamon and 2 oz. milk.
2. Blend and pour into small glasses.
3. Garnish each with an oatmeal cookie.



## Baby Belle

1. Mix 2 oz. pineapple juice, 2 oz. orange juice, and 1 tsp. Grenadine in a glass with ice.
2. Top with 2 oz. lemon-lime sparkling water.
3. Garnish with a pineapple spear.



## Mango Mash

1. Peel 1 ripe mango.
2. Add 1/2 cup of plain yogurt, 1/2 cup of milk and 1/2 cup of ice.
3. Blend and enjoy.





## Sunny Lemonade

1. Fill a tall glass with ice.
2. Add 1 oz. pomegranate\* juice and 3 oz. lemonade.
3. Sprinkle with pomegranate seeds.

\* Substitute another type of juice if pomegranate juice is not available.



## V.I.P. Lime Mocktail

1. Make limeade from frozen concentrate.
2. Mix 4 oz. limeade with ice.
3. Garnish with blueberries and a mint sprig.



## Backyard Caesar Mocktail

1. Rim a tall glass with fresh lime and celery salt.
2. Fill the glass with ice and add 2 tsp. spicy BBQ sauce, 1/4 oz. lime juice and 4 oz. Clamato.
3. Stir to mix. Garnish with a beef pepperette.



## Berry Bramble

1. Fill a tall glass with ice.
2. Mix 1 oz. mashed raspberries, the juice of 1/8 fresh lime and 4 oz. sparkling water.
3. Garnish with a slice of lime.



## Living is Easy Mocktail

1. In a glass of ice, mix 4 oz. limeade and the juice of 1/2 fresh lime.
2. Add mashed raspberries.
3. Garnish with a slice of orange.



## Chocolate Amour Mocktail

1. To a heatproof mug, add 2 oz. warm milk, 1 tbsp. chocolate sauce and 4 oz. decaffeinated hot coffee.
2. Stir to mix. Garnish with an orange slice.





## Looking for advice or information?

### CALL:

- Motherisk, 1-877-FAS-INFO (1-877-327-4636)
- Your health care provider
- Your local health unit
- Your local Friendship Centre
- Telehealth Ontario 1-866-797-0000

### For more information:

[www.alcoholfreepregnancy.ca](http://www.alcoholfreepregnancy.ca)

### For more non-alcoholic recipes:

[www.lcbo.com/socialresponsibility/mocktails.shtml](http://www.lcbo.com/socialresponsibility/mocktails.shtml)

### You can make a difference

Best Start: Ontario's Maternal, Newborn and  
Early Child Development Resource Centre

[www.beststart.org](http://www.beststart.org)

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