



— be smart. be healthy. —

right FROM THE start

For more tips on your health:

This material does not replace the advice of your health care provider.
Ask him/her for more information on this topic.

Funding provided by the Florida Department of Health, supported in part by project H5MMC10873
from the U.S. Department of Health and Human Services, Health Resources and Services
Administration, Maternal and Child Health Bureau (Title V, Social Security Act).



GET HEALTHY BEFORE YOU GET PREGNANT

*A healthy lifestyle before and during
pregnancy can lead to a healthier baby.*



Babies born to healthy women
are more likely to be healthy.
Now is the time to get healthy –
before you get pregnant.

— be smart. be healthy. —

right FROM THE start

plan for your pregnancy

- ✧ **Plan your pregnancy** so that you and your partner are in good health and prepared for having a child.
- ✧ Make sure you use your **birth control** correctly.
- ✧ Know that you can get pregnant if you **forget or skip** a birth control pill.
- ✧ **Antibiotics and other medications can interfere** with the effectiveness of your birth control pill.
- ✧ All women should **take a multivitamin** with 400 micrograms of folic acid every day. It can help prevent birth defects and may help protect you from heart disease.



aim for a healthy weight



Women who are underweight or overweight when they get pregnant are more likely to have a baby born too early.

- ✧ Overweight women are more likely to experience **more problems during pregnancy and labor.**

eat healthy foods

- ✧ Eat at least **five servings** of fruits and vegetables every day.
- ✧ **Limit** sweets, fats, salt and soda. Pay attention to serving sizes so you do not eat too much.
- ✧ Eat **iron-rich foods** like leafy green vegetables.
- ✧ **Enjoy foods high in Vitamin C** like oranges, grapefruit, strawberries, tomatoes, green peppers, broccoli, cabbage and cantaloupe.



prevent and treat infections

- ✧ Infections, such as periodontal (gum) disease, may contribute to **preterm (too-early) labor**.
- ✧ **Brush your teeth** at least two times a day and floss once a day. **See a dentist** at least once a year to have your teeth cleaned and gums examined.
- ✧ **Sexually transmitted infections** can cause a woman to have problems getting pregnant or cause **preterm (too-early) labor** once pregnant.



avoid harmful substances

- ✧ A pregnant woman **never takes risks alone**.



If there's a chance you might be pregnant, do not drink alcohol or take drugs.

- ✧ **No amount of alcohol is safe** during pregnancy.
- ✧ **Abuse of prescription and illegal drugs** is not good for you or your baby.
- ✧ Tobacco use during pregnancy **deprives your baby of the oxygen** needed to develop properly. Your baby is twice as likely to be born with a low birthweight.