

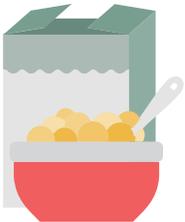
Make a PACT to get healthy before and during pregnancy

PLAN AHEAD



Get as healthy as you can before you get pregnant

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Get 400 micrograms (mcg) of folic acid every day



For more information, please visit
www.cdc.gov/ncbddd/birthdefects/prevention.html
and www.cdc.gov/preconception/showyourlove



Make a **PACT** to get healthy before and during pregnancy

AVOID HARMFUL SUBSTANCES



Avoid smoking

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Avoid drinking alcohol

.....



Be careful with harmful exposures at work and home



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Make a **PACT** to get healthy before and during pregnancy

CHOOOSE A HEALTHY LIFESTYLE



Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins

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Be physically active

.....



Work to get medical conditions like diabetes under control



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Make a **PACT** to get healthy before and during pregnancy

TTALK TO YOUR HEALTHCARE PROVIDER



Get a medical checkup

.....



Discuss all medications,
both prescription and
over-the-counter

.....



Talk about your family history



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