**MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS**

**Make a PACT for Prevention**

**PLAN AHEAD**

- Get as healthy as you can before you get pregnant
- Get 400 micrograms (mcg) of folic acid every day

**AVOID HARMFUL SUBSTANCES**

- Avoid smoking
- Avoid drinking alcohol
- Be careful with harmful exposures at work and home

**CHOOSE A HEALTHY LIFESTYLE**

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, and lean proteins
- Be physically active
- Work to get medical conditions like diabetes under control

**TALK TO YOUR HEALTHCARE PROVIDER**

- Get a medical checkup
- Discuss all medications, both prescription and over-the-counter
- Talk about your family history

Making a PACT to get healthy before and during pregnancy can help you have a healthy baby.

For more information, please visit [www.cdc.gov/ncbddd/birthdefects/prevention.html](http://www.cdc.gov/ncbddd/birthdefects/prevention.html) and [www.cdc.gov/preconception/showyourlove](http://www.cdc.gov/preconception/showyourlove)