

give your baby a great start

vitamins



A daily multivitamin is the best source of folic acid, which may prevent neural tube defects (NTDs).



diet

Eat more foods that are naturally high in folic acid like green leafy vegetables, lentils, black beans, and enriched grain products (bread, pasta and fortified cereals).



As much as 70% of NTDs could be prevented if all pregnant women took 400mg of folic acid daily in the early months of pregnancy.



weight



Underweight women have a higher risk of having a low birth-weight baby.

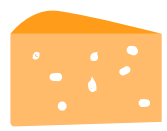


Overweight women have an increased risk of miscarriage, complications of labor and delivery, as well as birth defects.



Avoid drinking too much caffeine, as it can pass through the placenta to your baby. Keep your intake to 200mg of caffeine, or one 12-ounce cup of coffee, per day.

Steer clear of raw or undercooked meat, fish high in mercury, and unpasteurized juice and dairy products.

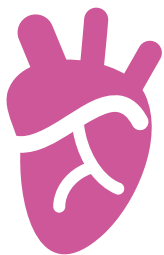


prescription or OTC medication

Always check with your doctor before taking any new prescription or over-the-counter medications including herbal products and statins.



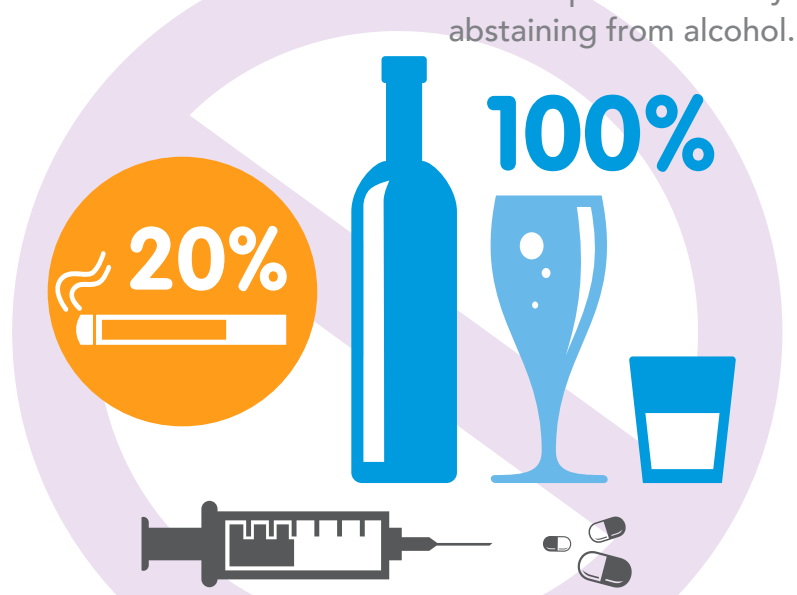
Women taking opioid-based painkillers in early pregnancy doubled their risk of having a baby with a serious heart defect.



smoking, drugs & alcohol

Smoking during pregnancy causes 20% of oral clefts.

Fetal alcohol syndrome is 100% preventable by abstaining from alcohol.



Legal and illegal drug use during pregnancy can lead to serious birth defects and babies can suffer withdrawal after birth (neonatal abstinence syndrome).