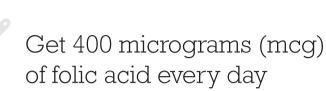
## MAKING HEALTHY CHOICES TO HELP PREVENT BIRTH DEFECTS Make a PACT for Prevention

## PLAN AHEAD



Get as healthy as you can before you get pregnant





#### Avoid Harmful Substances



Avoid smoking



Avoid drinking alcohol

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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

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

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Talk about your family history



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



U.S. Department of Health and Human Services Centers for Disease Control and Prevention

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