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.

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

CS258068-B