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 and www.cdc.gov/preconception/showyourlove