

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