getting a healthy start…

Did you know… that eating healthy and staying healthy are always important, but that eating healthy **before** and **during** your pregnancy is especially important…?

Eating a nutritious diet before and during your pregnancy can promote healthy fetal development, a healthy birth weight, and could potentially reduce the risk of birth defects. Pregnancy symptoms such as fatigue, morning sickness and the onset of anemia can also be reduced with a balanced diet.

Taking a prenatal vitamin with folic acid and incorporating food high in folic acid can help your baby have a healthy start! Food high in folic acid include:

Spinach and greens	Citrus fruits and juices
Broccoli	Breads and pastas
Asparagus	Lentils and black beans

To find a health care provider, call the phone number listed on your health plan member card. If you do not have a health plan, visit **www.getcovered.illinois.gov** to find the coverage that is right for you.

Healthy Choices
Healthy Futures

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