



## A balanced diet.

## A step to a healthy baby.

Before, during and even after pregnancy, take a multi-vitamin containing folic acid every day, get regular medical checkups and screenings, and maintain a healthy weight with daily physical activity and a balanced diet.

To get tips for a healthy pregnancy, visit [www.text4baby.org](http://www.text4baby.org). For parenting resources, call 1-800-451-2229.



 baby steps to a healthy pregnancy

