

# Healthy You!



Keep Eating Well



Be Active



Get Folic Acid  
Every Day



Keep Breastfeeding



Know the Health  
Risks of Alcohol,  
Tobacco & Drug Use



Stay Immunized



Plan Your Family

# Keep Eating Well

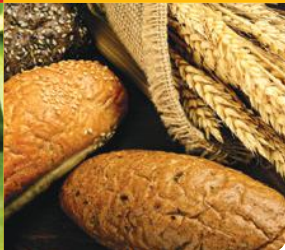
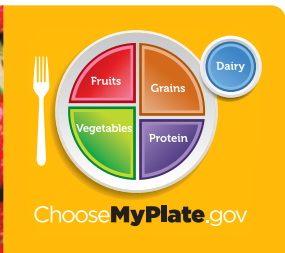
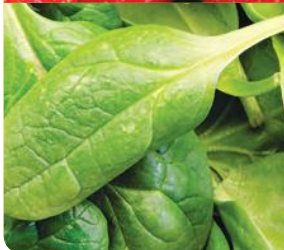


Eating well is about making food choices for a healthy lifestyle — not about being on a diet.

## Every day:

- Eat a variety of vegetables.
- Eat calcium-rich foods, such as milk, yogurt, and cheese.
- Eat a variety of fruits.
- Choose whole grain foods.
- Eat healthy proteins, such as lean meats, nuts, and beans

Find out more at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



# Be Active

**30+**  
MINUTES

Being active helps you keep your body in shape, have more energy, feel better, and manage stress!

- Find activities that are fun and get you moving.
- Aim to be active at least 30 minutes 5 or more days a week. Try 10 minutes after breakfast, lunch, and dinner.
- Enjoy walking to the store, dancing with friends, and playing with your kids.

**5+**

**DAYS A WEEK**



# Keep Breastfeeding



If you are breastfeeding, continue for as long as you and your baby choose.

- Each additional month of breastfeeding helps create a healthier future for you and your baby.
- Breastmilk is constantly changing to meet the nutritional needs of your growing baby.
- Continue to breastfeed your baby as your baby eats a greater variety of solid foods.
- Find out more information by visiting [LovingSupport.fns.usda.gov](http://LovingSupport.fns.usda.gov).



# Get Folic Acid Every Day

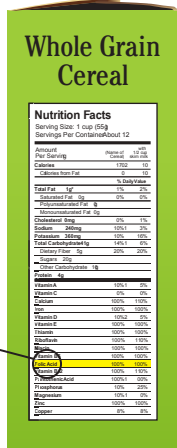


Folic acid is a vitamin your body needs every day to be healthy. **It is especially important for all women to have folic acid daily.** If you get pregnant, folic acid can help prevent birth defects of your baby's brain or spine.

## To get enough folic acid, every day:

- Take a vitamin with at least 400 micrograms (mcg) of folic acid. Or,
- Eat a bowl of cereal with 400 mcg of folic acid.

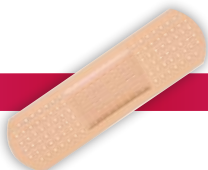
Folic acid is in many foods, but it is hard to get enough from your diet. Food sources of folic acid include: dark green leafy vegetables, oranges and orange juice, nuts and nut butters, fortified grains and cereals, beans and lentils, and eggs.



Vitamin E	100%
Vitamin B1	100%
Riboflavin	100%
Niacin	100%
Vitamin B6	100%
<b>Folic Acid</b>	<b>100%</b>
Vitamin B12	100%
Pantothenic Acid	100%
Phosphorus	100%
Potassium	100%



# Stay Immunized



Keep your family protected by staying immunized. Immunizations (shots, vaccines) are a safe way to protect your family from harmful diseases like measles, mumps, polio and whooping cough (pertussis).

**Ask your doctor or nurse what shots you and your family need and when.**

For a handy pamphlet, *Protect Your Little One with Immunizations*, go to [EZIZ.org/assets/docs/IMM-234.pdf](http://EZIZ.org/assets/docs/IMM-234.pdf).



# Know the Health Risks of Alcohol, Tobacco & Drug Use



Protect yourself and your family from harmful substances.

There is **no safe time** to use tobacco, e-cigarettes, drugs or alcohol during pregnancy. Ask your WIC counselor about a program that can help you.

- Smoking is harmful to you and your family. Breathing secondhand smoke or e-cigarette aerosol is very harmful to infants and children.
- Drinking alcohol can make it harder to think clearly and make good decisions.
- Taking any street drug, or prescription medicines that are not yours, can be harmful to you and your family's safety.
- Find out more at 1-800-NO-BUTTS and NoButts.org.



# Plan Your Family

MONTHS

18

If you plan to have more children, consider waiting at least 18 months between pregnancies. Your body needs time to recover and get to a healthy weight.

Talk to your doctor or nurse about a birth control method that will work well for you.



**Healthy  
You!**

- Keep Eating Well
- Be Active
- Get Folic Acid Every Day
- Keep Breastfeeding
- Know the Health

Always check with your doctor or nurse if you have any questions or concerns. Learn more at [WomensHealth.gov](http://WomensHealth.gov) and [EveryWomanCalifornia.org](http://EveryWomanCalifornia.org)



California Department of Public Health,  
California WIC Program

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1-800-852-5770  #000000

CALIFORNIA  
**wic**  
WOMEN, INFANTS & CHILDREN