Making Healthy Choices to 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 drinking alcohol and smoking.
- 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 doctor

- 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, go to

http://www.cdc.gov/ncbddd/birthdefects/prevention.html and
http://www.cdc.gov/preconception/showyourlove/.

Centers for Disease Control and Prevention
National Center on Birth Defects and Developmental Disabilities