

# 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 [MyPlate.gov](https://www.MyPlate.gov).



# Be Active

30<sup>+</sup>

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<sup>+</sup>

DAYS A WEEK

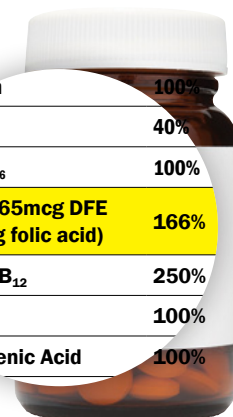


# Get Folic Acid Every Day



**To get enough folic acid, you need to take a multivitamin with at least 400 micrograms (mcg) of folic acid, with food, every day. In addition, eat a varied diet rich in folate.**

- Folic acid is a B vitamin your body needs to be healthy. Folic acid can help prevent birth defects of a baby's brain and spine.
- Folic acid is added to foods such as enriched breads, flours, pastas, rice, cornmeal, and cereals.
- Folate, a form of folic acid, is found naturally in foods such as leafy, dark green vegetables, citrus fruits and juices, lentils, and beans.



Riboflavin	100%
Niacin	40%
Vitamin B <sub>6</sub>	100%
<b>Folate 665mcg DFE (400mcg folic acid)</b>	<b>166%</b>
Vitamin B <sub>12</sub>	250%
Biotin	100%
Pantothenic Acid	100%



# 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 [WICBreastfeeding.FNS.USDA.gov](http://WICBreastfeeding.FNS.USDA.gov).



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



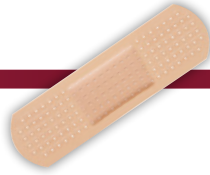
Protect yourself and your family from harmful substances.

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 1-800-300-8086 and [KickItCA.org](http://KickItCA.org).



# 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).



# 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.



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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1-888-942-9675 | [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov)

Rev 03/22

