



# Make Healthy Choices for You and Your Family

**Eat a variety of foods and choose to be active.**

When planning meals for your family, here are some tips:

- Make half of your plate fruits and vegetables.
- Continue to eat whole grain foods like brown rice and whole wheat bread.
- Eat a variety of protein foods like canned beans and fish, in addition to small portions of lean chicken, beef and pork.
- Drink skim or 1% milk.

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on healthy eating.

Be physically active your way. Pick activities that you like and start by doing what you can, about 10 minutes at a time. Every little bit of activity adds up, and the health benefits increase as you spend more time being active. Look for family activities so everyone is active together.

## Get your folic acid every day.

Folic acid is a vitamin that prevents birth defects in a baby's brain and spine. Because almost half of pregnancies are not planned, experts say all women who could get pregnant need 400 micrograms of folic acid each day.

To get enough folic acid, eat foods such as WIC cereals, orange juice, bread, canned beans, peanuts, peanut butter, and dark green vegetables or take a multivitamin.

## Keep your children's shots up to date.

Help your children stay healthy by making sure they get all the shots they need. These shots prevent diseases. Ask your health-care provider for a complete schedule of your child's immunizations.

## Protect yourself and your family from tobacco, alcohol and drugs.

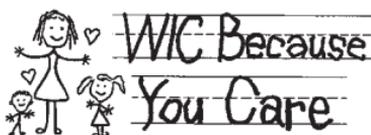
If someone in the home or in the car smokes, it's hard for babies and children to breathe. Being around tobacco smoke increases everyone's chances of asthma, colds, ear infections and cancer.

If you smoke, drink, or use drugs while you are pregnant, your baby may be born too early or too small or may have other serious health problems.

If you need help to quit, please ask the WIC staff or you can call the ND Quitline at 1.800.QUIT.NOW (1.800.784.8669).

## Support breastfeeding as best for babies.

Encourage your family and friends to choose to breastfeed. Think about breastfeeding if you have another baby. Remember every breastfeeding experience is different.



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