

## Protect Your Body... Your Temple

### HEALTHY BABIES

Did You Know?

- African-American babies are more likely to be born with low birth weight (less than 5 ½ pounds)
- What you do during pregnancy can affect your baby, **DO NOT**:
  - Smoke
  - Drink alcohol
  - Take illegal drugs
- Women of child bearing age should take a multivitamin with 400 mcg of folic acid every day
- Get early and regular prenatal care

If you feel something wrong during pregnancy, seek care.  
**Do Not Wait!**

**PROTECT YOURSELF AND YOUR  
LOVED ONES... WITH  
KNOWLEDGE & ACTION**



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