Eating well for a healthy baby before and during pregnancy

Good start to life

Iron
Mum and Baby need iron for strong blood.

Folate
Mum needs folate to help Baby’s spinal cord and brain grow well.

Iodine
Mum needs iodine to help Baby’s brain and body grow to full term.

For information on iron, folate, and iodine talk to your doctor or midwife or call 13HEALTH (13 43 25 84)