



## Mummy, this is what I want from you!



### “Its good for both of us!”

Eat plenty of fruit, vegetables, whole grains,  
and sufficient dairy products.

### “Bring on the water!”

Water is unbeatable at quenching thirst.  
Stay away from sweet drinks.



### “Booze and smoke – no thanks!”

Alcohol and tobacco smoke are pure poison  
for me. Even small amounts harm me.

### “Off the couch!”

Stay active, even with a baby bump.  
It gets us both fit.



### “Breastfeeding expert wanted!”

Breastfeeding is best for us. Start getting ready  
for it now.

[www.gesund-ins-leben.de](http://www.gesund-ins-leben.de)  
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