

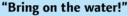
# Mummy, this is what I want from you!





## "Its good for both of us!"

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



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

www.in-form.de

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