

# Dark is a better option



# Healthy snacks



neuvokas  
perhe

Eat these  
daily



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# Excellent source of protein

(eat these daily)





# Prefer nuts, no seeds during pregnancy



# Good carbohydrates

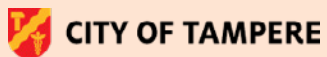


neuvokas  
perhe

Best thirst  
quencher  
is water



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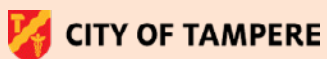


neuvokas  
perhe

# No alcohol during pregnancy



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# Folic acid is needed during pregnancy



# Brush your teeth together in the morning and evening

