

*Advice Checklist*

# Pre-Pregnancy Checklist

Here's a simple checklist to help you plan for a healthy pregnancy. You can print it out so it's easier to use.

## Nutrition

### ○ Follow a healthy eating plan

A well-balanced and varied diet full of fresh fruit and vegetables will help get you both in good shape for starting a family.

### ○ Start taking pregnancy supplements

The first 3-6 weeks after conception are critical for your baby's development including development of its vital organs. Yet most women, don't know they are pregnant until after their baby starts to grow and develop.

It can take time to build the higher level of nutrients your body will need to support you and your growing baby, and it's difficult to guarantee you'll get sufficient quantities through diet alone. Taking a pregnancy multivitamin and mineral supplement, such as Elevit, can help build up the essential nutrients required and help cover the needs of both mother and baby. It's important to start taking a pregnancy multivitamin and mineral supplement such as Elevit, from at least 1 month before you try to fall pregnant.





