



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

www.in-form.de

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