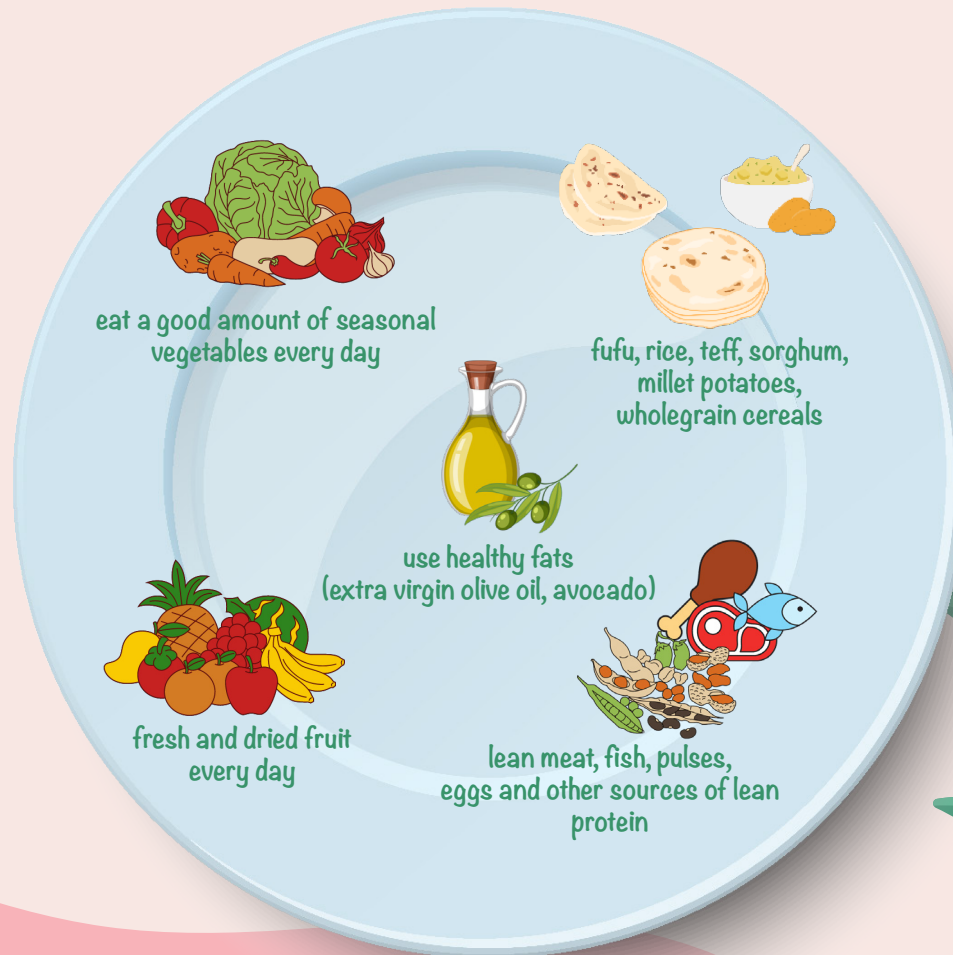


# Nutritional advice during pregnancy in different cultures

## African

### Better to eat “twice”!

It is fundamental to feed your body for the health and growth of your baby



drink a large amount of water or infusions with no added sugar



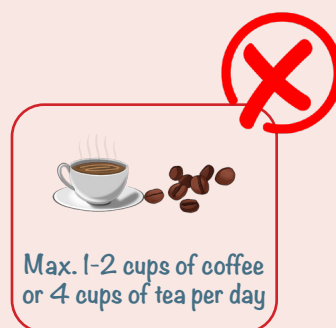
check with your doctor before taking supplements (e.g. vitamin b, folic acid etc)



Stay active and cultivate friendships



Sistema Socio Sanitario  
Regione Lombardia  
ATS Val Padana



# health & hygiene at the forefront

For more information: [www.ats-valpadana.it](http://www.ats-valpadana.it)