

# Free Healthy Start vitamins for you



## HEALTHY START

HS108PREG

# Get your free vitamins!

Healthy Start women's vitamins are specifically made for pregnant and breastfeeding women and contain folic acid and vitamins C and D, helping you and your baby get the extra boost you need.



Make sure you get yours. Just exchange the green coupon (attached to your vouchers) for your vitamins locally. You can ask your midwife or health visitor where you can get them.

Vitamin D is really important when you're pregnant because it helps your body absorb calcium, keeping your bones healthy and helping to make sure your baby's bones and teeth grow strong. Babies born with low levels of vitamin D can sometimes develop softened bones, which can lead to rickets.

You can get most of the vitamins you need from a healthy, balanced diet. Vitamin D is different – although you can get some from foods like eggs, oily fish and fortified cereals and spreads, most vitamin D is produced by our bodies when the summer sun shines on our skin. It can be hard to get enough sun in the UK, which is why it is recommended you take a vitamin D supplement.

## Tell us when your baby arrives

Once your baby arrives, you'll want to tell everyone! Remember to tell us too, so we can start sending extra Healthy Start vouchers for your new baby straight away. Call the Healthy Start helpline on **0845 607 6823**.

You'll also need to claim Child Tax Credit for your new baby as soon as you can, so we can keep sending vouchers to you. Call the Tax Credits helpline on **0845 300 3900**.

## Keep your details up to date

Healthy Start uses information provided by Tax Credits and Jobcentre Plus to work out how many vouchers to send you and where to send them. So if things change in your life, for example if you move home or get a job, make sure you tell Tax Credits on **0845 300 3900** and Jobcentre Plus (you can get their number in your local phone book).

# Fruity milkshake

Have a go at this easy recipe. You can use a mixture of different tasty fruits – try out some of your favourites!

**Serves two adults**

## Ingredients

- 1 banana
- 1 large glass of plain fresh or frozen mixed fruit of your choice (mixed berries or summer fruits work well)
- 2 tablespoons of plain natural yoghurt
- 1 large glass of semi-skimmed milk



## How to make it

1. Peel and slice the banana.
2. Put the banana into a blender and add the mixed fruit, yoghurt and milk.
3. Put the lid on the blender and blend the mixture for 5–10 seconds until it is smooth. (If you haven't got a blender, use a fork to mash up the fruits.) Serve.

## Baby talk

Did you know babies listen and can recognise voices before they're born? It might feel strange at first, but talking to your bump is a great way of getting your baby used to your voice.

Try talking about what you are doing, when you are making dinner, what's in it and how tasty it is. And tell your baby how much you are looking forward to their birth. After the birth, your new baby will recognise your voice and find it soothing.

**For more information, visit [www.talkingpoint.org.uk](http://www.talkingpoint.org.uk)**

**Just taking  
my vitamins**



## What's good to buy now and what's coming into season next?

### August/September

Strawberries, blueberries, lettuce,  
celery, cauliflower, spinach



### October/November

Cox apples, sweetcorn, pumpkin,  
white cabbage, squash,  
Brussels sprouts



## Next issue – how to get the best from your Healthy Start vouchers



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, when you have your baby), remember to tell HMRC Tax Credits and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.