

Top up on vitamin C with Healthy Start

With these I can
really boost my
vitamin C!



C you soon
Mum!

HEALTHY START

HS110PREG



Department of
Health, Social Services
and Public Safety
www.dhsspsni.gov.uk



GIG
CYMRU
NHS
WALES



healthier
scotland
SCOTTISH GOVERNMENT



Get your free vitamins!

Healthy Start women's vitamins are specially made for women who are pregnant or have a baby under one year old. They contain folic acid and vitamins C and D, helping you and your baby get an extra boost of these important vitamins. Don't forget to swap the green coupon attached to your voucher letter for your FREE Healthy Start vitamins.



Why is vitamin C important?

Vitamin C helps to protect the cells in our bodies and keeps them healthy. Our skin, bones and teeth need vitamin C to stay strong and healthy.

Our bodies can't store vitamin C, so we need to make sure we get enough of it every day. A supplement can give pregnant women and new mums a boost of this important vitamin.

Where do I pick up my vitamins?

If you live in **England**, you can find out where to get your vitamins locally by visiting www.nhs.uk/healthystart and typing in your postcode – or ask your midwife where you can get them.

If you live in **Scotland** or **Wales**, just ask your midwife or health visitor where you can collect your free vitamins.

If you're in **Northern Ireland**, post the top of your voucher letter (which shows your address) and the green coupon to the following address:

Business Services Organisation
Healthy Start vitamin scheme
Pinewood Villa
73 Loughgall Road
Armagh
BT61 7PR



The Healthy Start vitamins will be posted directly to you at home.

Autumn fruit salad

Berries are full of vitamin C. This delicious, healthy dessert also helps you towards getting your five a day.

Serves 4 adults

Ingredients

- 2 apples
- 2 pears
- 1 banana
- 1 cup of berries
- 250g grapes
- 1 cup plain low-fat yoghurt (250ml)
- ½ teaspoon of spices like cinnamon or mixed spice

Optional: a tablespoon of raisins and a handful of chopped plain nuts, such as almonds or walnuts.

How to make it

1. Wash and core apples and pears. Cut into bite-sized chunks.
2. Slice banana. Wash berries. Wash grapes and cut in half.
3. Combine fruits in a salad bowl.
4. Add raisins and nuts (if using). Mix yoghurt with spices. Pour over fruit salad and stir to coat fruits evenly.



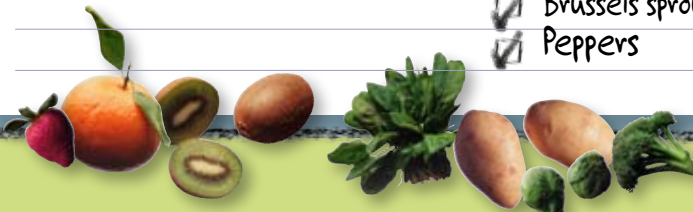
Lots of fruit and vegetables are good sources of vitamin C

Fruit

- Oranges and other citrus fruit
- Strawberries and other berries
- Tomatoes
- Kiwi fruit
- Mangoes

Vegetables

- Leafy greens like cabbage, kale and spinach
- White potatoes
- Sweet potatoes
- Broccoli
- Cauliflower
- Brussels sprouts
- Peppers



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

September/October

Berries, cauliflower, spinach, sweetcorn, Cox's apples, runner beans, squash, pumpkin.



November/December

Potatoes, red cabbage, leeks, carrots, Brussels sprouts.



Visit the new and improved Healthy Start website: www.healthystart.nhs.uk

- Check where you can spend your vouchers locally.
- Read about what you can spend your vouchers on and how to claim your FREE vitamins.
- Get loads of tips on food and healthy eating for you and your family.
- Check out some delicious, easy recipes.

Remember to add www.healthystart.nhs.uk to your favourites!

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.