

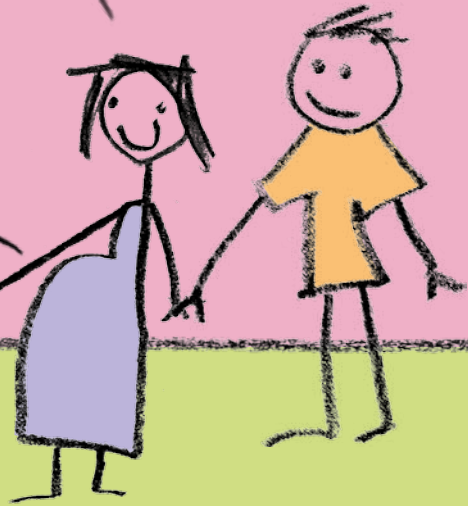
# Don't forget your Healthy Start vitamins this winter!



Please remind me  
to take my vitamins  
when we get home

Sure! Now let's  
go past the  
supermarket -  
I'll cook tonight

Yay! Dad's  
cooking!



## HEALTHY START

HS112PREG

# Get your free vitamins from Healthy Start!

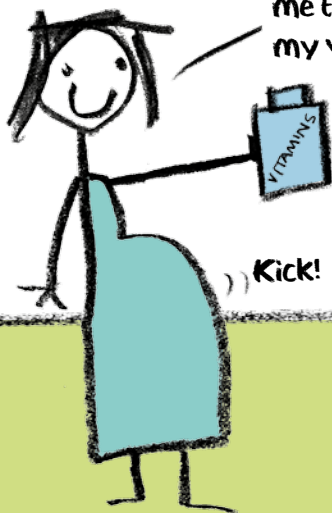
Healthy Start women's vitamin tablets will help keep you and your baby healthy throughout your pregnancy. They are designed especially for pregnant and breastfeeding women and contain important vitamins including vitamin D.

Vitamin D helps your body absorb calcium to help your baby's bones grow strong. Taking it during pregnancy will help ensure they have enough vitamin D to support them in their first few months.

Summer sun is the main source of vitamin D and in the UK it can be hard to get enough to last during the winter months. This is why UK Health Departments recommend all pregnant women take a supplement containing folic acid and vitamins C and D like Healthy Start vitamins.

So don't forget to exchange the green coupon which is attached to your Healthy Start voucher letter for your free Healthy Start women's tablets – just ask your midwife where you can pick them up locally.

Someone's reminding me to take my vitamins



## Top tip

Make taking your vitamins part of your daily routine so you don't forget them. For example, take them everyday at breakfast time.

# Healthy winter warmers for breakfast

Here are some ideas for a healthy way to start your day.

## Porridge

Simple to prepare, just mix porridge oats with milk and follow the instructions on the packet to cook. Then top with a variety of:

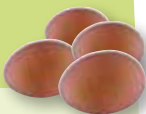
- Chopped soft fresh fruit, like bananas.
- Stewed fruit like plums and apples – to stew fruit, remove stones or cores and chop into bite-sized pieces. Then heat in a pan with a little water until soft. There is no need to add any sugar as the fruit has natural sugar in it already.



## Cooked breakfast

For a nourishing cooked breakfast with scrambled eggs, try this tasty combination.

Serves: 2 adults.



### Method:

1. Preheat the grill. Arrange the tomatoes (or peppers) and mushrooms on a baking tray and grill them for 8–10 minutes.
2. While they are cooking, toast the bread.
3. Beat the eggs and milk together. Melt the spread in a non-stick saucepan and add the beaten eggs. Cook over a medium-high heat, stirring all the time with a wooden spoon, until the eggs are cooked through.
4. Serve the scrambled eggs on the slices of toast, along with the grilled tomatoes and mushrooms. Season with some black pepper and serve.

### Ingredients

- 2 tomatoes, halved  
(Or pieces of red or yellow pepper)
- 2 large mushrooms, halved
- 2 slices wholemeal bread
- 4 medium sized eggs
- 2 tablespoons semi-skimmed milk
- 1 teaspoon low fat spread
- Ground black pepper



### Cook's tip

It's important to make sure that eggs are cooked thoroughly, until both the white and the yolk are solid.

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


### November/December

Parsnips, swede, cabbage, apples,  
Brussels sprouts



### January/February

Broccoli, pears, carrots,  
cauliflower, leeks



Don't miss our next  
issue which will be  
packed with tips to  
help you and your  
family avoid catching  
the sniffles this winter.

[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.