

# Have a healthy holiday season!



Great idea to come for  
a walk this afternoon!

Yes! I think my  
bump likes it too!



## HEALTHY START

HS113PREG



Department of  
Health, Social Services  
and Public Safety  
[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)



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# Feeding your child

It can be difficult to avoid getting colds or flu over the winter months – and it's no fun feeling ill when everyone is having a good time during the holiday season. One way to avoid getting the flu is to have a flu jab at your GP surgery.

Although there is no cure for the common cold, eating a healthy balanced diet and taking regular physical activity can help keep your immune system healthy.

- Try and get at least 150 minutes of moderate physical activity a week – a brisk walk can be a good place to start. Remember, if you aren't used to physical activity start with 10 minutes at a time and gradually build up.
- Remember to take your Healthy Start vitamins – they contain folic acid, and vitamins C and D which help you stay healthy.
- Eat a healthy balanced diet and follow the eatwell plate below.

**Free vitamin tablets for women**

Vitamins are very important for your health. Ask your midwife or health visitor where you can exchange this coupon for women's vitamins in your area.



Vitamin tablets for women

Children's vitamin drops



## A healthy balanced diet should contain:

- plenty of fruit and vegetables
- plenty of potatoes, bread, rice, pasta and other starchy foods
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- a small amount of foods and drinks that are high in fat and/or sugar.

Image supplied by the Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland.

## Keep bugs at bay!

- Ask your midwife or GP about getting the flu jab – this will help protect you from the flu virus.
- Carry clean tissues with you to catch coughs and sneezes and dispose of them as soon as possible after they are used.
- Keep your hands clean by washing them often with soap and water.

### Remember!

Never take over the counter medicines without checking first if they are safe for pregnant women.

### If you get sick:

- **Drink plenty of fluids.** This will help replace any that is lost due to sweating or a runny nose.
- **Rest up!** Resting will give your body a chance to recover.
- **Eat healthily.** Use your vouchers to buy a variety of colourful fruit and vegetables.
- **Ask your pharmacist or midwife for advice** on treating the symptoms of a cold or flu.



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

### December/January

Parsnips, leeks, cabbage, Brussels  
sprouts, onions

### February/March

Carrots, cauliflower, spring onions,  
rhubarb



**Next issue: Have you  
ever been puzzled  
by vitamins and  
why your body  
needs them to stay  
healthy? We'll tell  
you all you need  
to know.**



[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.