

# Give yourself some extra get-up-and-go!

All this fresh air, good  
food and Healthy  
Start vitamins - now  
there's no stopping us!



## HEALTHY START

HS11412MNTHS

# Healthy Start vitamins – all you need to know

## Why do we need to take vitamins?

Most people can get all the vitamins they need from eating a healthy, balanced diet. But pregnant or breastfeeding women and young children need to take some vitamins to make sure they are getting enough.

Also, some vitamins aren't easy to get from food. Vitamin D can be found in oily fish, eggs and fortified margarines and cereals, but the main source is summer sunlight. Government experts recommend that women who are breastfeeding and children aged six months to five years take a supplement with vitamin D in it to help ensure that they are getting enough.



## How often do we need to take our vitamins?

Healthy Start women's tablets and children's vitamin drops should be taken daily. To make it easier to remember, why not have your vitamins at the same time every day?

Healthy Start vitamins are free of nuts and suitable for vegetarians.



Each pack contains enough to last you eight weeks.

## When should my baby start taking vitamin drops?

Healthy Start children's drops contain vitamins A, C and D and babies can start taking them from six months old, if they're having less than 500ml (about a pint) of infant formula per day. Some breastfed babies may benefit from taking Healthy Start vitamins earlier – just ask your midwife or health visitor about this.

## How do we get our free vitamins?

Every eight weeks, we will send you a green coupon which you can swap for your free vitamins locally. Just ask your health visitor where you can swap your coupon for vitamins in your area.

**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

# Roast sweet potato with salsa

If you've never roasted sweet potatoes before, you're in for a treat. They are sweet, nourishing and taste fantastic dipped in a home-made tomato salsa. Serve them with other veg and meat or fish.

**Serves: 4**

**Preparation time: 15 minutes**

**Cooking time: 35 minutes**



## Ingredients

- 4 medium-sized sweet potatoes, scrubbed
- 2 teaspoons of vegetable oil
- Ground black pepper
- 2 tomatoes
- Half a small red onion or 4 spring onions
- Half a cucumber
- 4 tablespoons of tomato puree



## Method

1. Preheat the oven to 200°C (180°C if it's a fan oven) or gas mark 6.
2. Slice each sweet potato lengthways into six wedges and put them into a roasting tin. Add the vegetable oil and stir the sweet potatoes to coat them. Season with black pepper.
3. Put them in the oven to roast for 35–40 minutes or until they're tender, turning them after 20 minutes.
4. Meanwhile, make the salsa by chopping the tomatoes, onions and cucumber into very small pieces and mixing with the tomato puree.

## Cook's tips

- Spice up the sweet potatoes by sprinkling them with a teaspoon of cumin seeds.
- You can make this with regular potatoes too – just remember they may need a few more minutes in the oven.



## Sweet potato for your sweetie pie

If your baby is around six months old and starting on solid foods, you can keep back one of your sweet potatoes to make sweet potato mash. Simply peel the sweet potato and boil it till it's soft, then mash it with a little of your baby's usual milk to make a yummy orange mash.

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

### January/February

Carrots, kale, cauliflower, leeks



### March/April

Cucumber, lettuce, broccoli,  
spring peas



**Next issue: all you  
need to know  
about the fun of  
starting your baby  
on solids**



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
0845 607 6823 (local call rate from BT landlines)

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