

Stay on the go this winter

With all this fresh air,
good food and Healthy
Start vitamins, there's
no stopping us!



HEALTHY START

HS114PREG



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



GIG
CYMRU
NHS
WALES



healthier
scotland
SCOTTISH GOVERNMENT



Healthy Start vitamins – all you need to know

Why do I need to take vitamins?

Most people can get all the vitamins and nutrients they need from a healthy, balanced diet. But when you're pregnant or breastfeeding, there are some vitamins you need to take to make sure you are getting enough.

Some vitamins aren't easy to get from food. Vitamin D can be found in foods such as oily fish, eggs and fortified margarines and cereals, but the main source is summer sunlight and it can be hard to get enough in the UK. That's why government experts recommend that all pregnant women take a supplement containing vitamin D, like the Healthy Start vitamins.

How do I get my free vitamins?

Every eight weeks, we will send you a green coupon which you can swap for your vitamin tablets locally. Just ask your midwife where you can swap your coupon for vitamin tablets in your area.



What's so good about Healthy Start vitamins?

They contain folic acid which reduces the risk of babies being born with a neural tube defect. They also have vitamin C for general health and vitamin D, which helps your body absorb calcium so your baby is born with strong bones. Healthy Start vitamins don't contain nuts, they're suitable for vegetarians and, best of all, they're FREE!



How often do I need to take my vitamins?

Each pack of vitamins contains enough for eight weeks and you should take one tablet each day. To make it easier to remember, try to take your vitamins at the same time every day – for example, at breakfast time.

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.



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

January/February

Carrots, kale, cauliflower, leeks

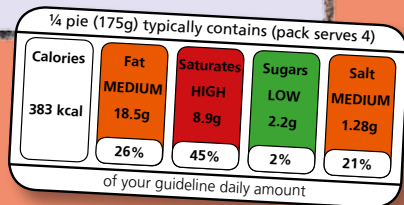


March/April

Cucumber, lettuce, broccoli, spring peas



Next issue: how to make sense of food labels to find healthy food for you



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.