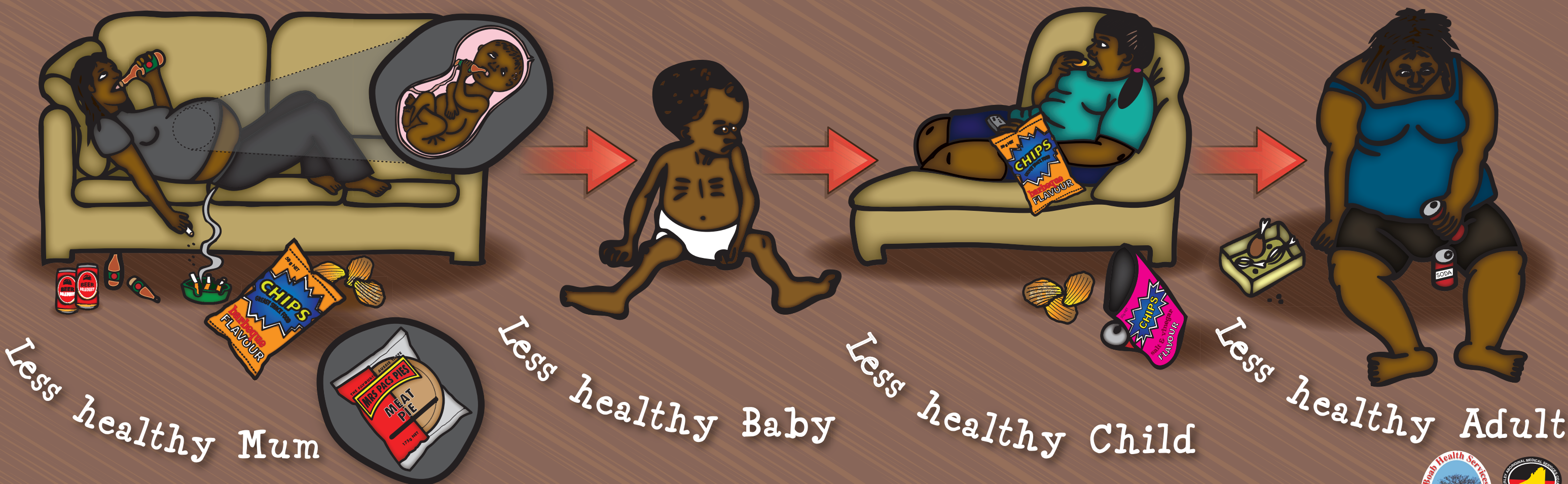


Healthy Pregnancy Guidelines: Eat Healthy Tucker + Exercise + NO Smoke or Grog = A Healthy Baby, Child and Adult



Unhealthy Pregnancy: Junk food, smoking and drinking alcohol during pregnancy = Less healthy Baby, Child and Adult