

Pregnant women

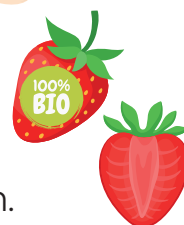
Here is some advice for pregnant women
or for women who are breast-feeding their babies:



1. You should eat **fruits and vegetables** that are:

- **seasonal.**

For example, do not eat strawberries in winter in Belgium.



- **local.**

This means fruit and vegetables grown near you.



- and **and organic.**

This means that the fruits and vegetables are grown
without using chemicals.

It is better, because chemicals are bad for your health,
and especially your baby's health.



2. Do not use plastic **packaging**.

When heating food,
you should heat it in glass or ceramic containers.
Plastic contains chemicals that are bad for your health.
These chemicals can go into food or drinks.
Especially when you heat plastic.
That is why you should not drink hot drinks from plastic cups.



3. You should use **stainless steel pans**.

This is a type of pan.

You have to look at the label to find out.



4. You should not drink from **cans**.

Cans contain chemicals that are dangerous to your health.



5. You should avoid using too many **beauty products**.

Especially products that contain many chemicals.

These chemicals are dangerous to your health.

You have to look at the labels on products.



6. You should wash **new clothes** before you put them on.

Clothes sometimes contain chemicals that are bad for your health.



7. You should wash **new toys** if they can be washed.

Because they often contain chemicals that are dangerous to health.

It is better to buy second-hand toys.

These are toys that someone has already used.

If the toys are new, you should remove the packaging and leave the toy for a few days before using it.



8. It is better to eat **small fish**.

Large fish contain chemicals that are dangerous to your health.

It is better to eat small sea fish

and to change often what type of fish you eat.

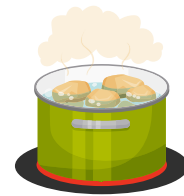


9. You should not **overcook** cereals or potatoes.

Because when you overcook,
then, the food contains a chemical.

For example, when you toast your bread for too long
and it is a bit black.

This chemical can cause cancer.



10. You need to take enough **vitamins** every day.

Especially iodine.

Iodine can be found in fish.

It is important because it helps our baby's brain to develop properly.

You can ask your doctor for advice on which vitamins to take.



11. It is better to buy **second-hand furniture**.

New furniture often contains VOCs.

VOCs are chemicals that are bad for your health.

Paint often contains VOCs too.

You should also avoid doing any handiwork or painting.

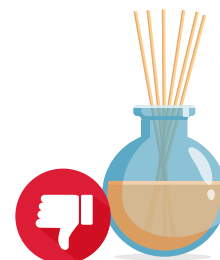
And remember to open the windows.



12. You should avoid using **perfume** indoors.

There is often perfume in candles or in toilets.

It is bad for your health.



13. It is good to use natural products for cleaning..

For example, use:

- white vinegar,
- bicarbonate of soda,
- black soap.



Other products often contain perfumes that are bad for your health.



14. It is good to clean **dust** with a wet cloth.

Dust is full of pollution.

It is bad for your health.

When you use a wet cloth, the dust is less likely to fly into the air.



15. You should **open the windows** often.

You should open the windows 2 times a day or more.

And leave them open for 15 minutes.

That way, there is less pollution in the air indoors.

