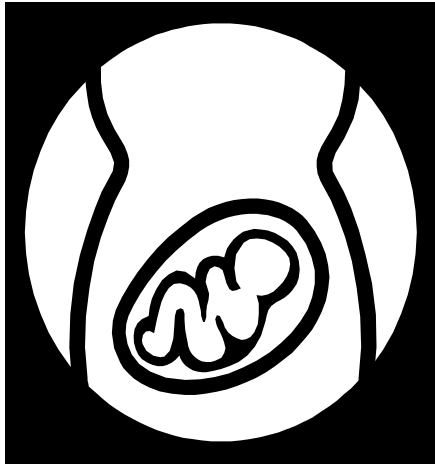


# Bebés Sanos ~ Healthy Babies



**prenatal...**  
“pre” = before  
“natal” = birth

It's important for pregnant women to:

- Eat well balanced meals
- Drink clean water
- Exercise
- Rest
- Take prenatal vitamins



Can you find  
El Salvador?

If a pregnant woman is malnourished,  
her baby may:



- have low birth weight
- be vulnerable to sickness & disease
- have impaired brain development
- have poor development, physically and mentally

El Salvador is in Central America.

Many women there are so poor that they cannot afford to buy prenatal vitamins. Often it's even hard for them to eat well balanced meals and drink clean water.

## *How can we help?*

Good places to search for more information:

World Health Organization

Vitamin Angels

Millennium Development Goals



Giving prenatal vitamins is one way to help make a healthy baby!