

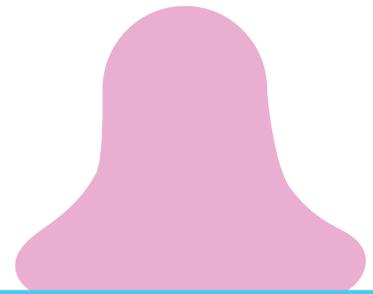
HEALTHY CHOICES FOR YOU & YOUR BABY

1. If you drink alcohol while you are pregnant, you can hurt your baby's brain, heart, kidneys and other organs. This can result in a fetal alcohol spectrum disorder (FASD).
2. FASD is a lifelong birth defect, but it is 100% preventable.
3. Birth control can help you avoid getting pregnant until you are ready.
4. Babies with FASDs may have trouble learning or controlling how they act. They may have a low IQ or develop more slowly than other children.
5. There is no amount of alcohol that is proven to be safe to drink during pregnancy.
6. Beer and wine are just as harmful as hard liquor.
7. Alcohol can be harmful at all stages of a pregnancy – even before you know you are pregnant.
8. If you have drunk alcohol during your pregnancy, it is never too late to stop. Talk to your health care provider.
9. Talk to your health care provider if you are worried about how much you drink, even if you are not pregnant. Learn more at:

www.nofas.org
www.nih.gov



SOURCE: The Association of Reproductive Health Professionals. Preventing Alcohol Fetal Spectrum Disorders. 2014. <http://www.arhp.org/modules/webinars/Preventing-Fetal-Alcohol-Spectrum-Disorders/64>
Centers for Disease Control and Prevention. Fetal Alcohol Spectrum Disorders (FASDs). Data & Statistics. 2015. <http://www.cdc.gov/ncbddd/fasd/data.html>



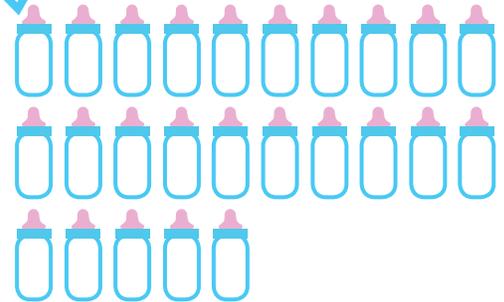
EFFECTS ON THE FETUS



ONE 1.5 OZ SERVING OF LIQUOR (40% alcohol) a week during a pregnancy is **7.5 baby bottles of liquor.**



ONE 5 OZ SERVING OF WINE (12% alcohol) a week during a pregnancy is **25 baby bottles of wine.**



ONE 12 OZ SERVING OF BEER (5% alcohol) a week during a pregnancy is **60 baby bottles of beer.**

