

Before Pregnancy

Arguileh, Cigarettes or Alcohol should not be consumed at all because of their harmful effect on your unborn baby.



You should stop one month prior to becoming pregnant



Birth Defects are complications that happen while a baby is developing in the mother's body. These birth defects can affect how the baby looks or how he develops or even both.

Maintain a healthy diet rich in grains vegetables and fruits. Avoid fatty and high sugar meals.

During Pregnancy

Tabboule and all other mixture of vegetables could be contaminated by a parasite called **Toxoplasma**. If vegetables are unwashed the infection called toxoplasmosis could be dangerous for your unborn child.



Tabboule

PREVENT

Kebbeh is similar to any other kind of raw meat may highly contain the **Toxoplasma** parasite. It's essential to visit your doctor for a checkup to avoid any kind of infection.



Kebbeh

PREVENT

Although **Sushi** is a less likely source of **Toxoplasmosis**, it is a raw food that could contain the parasite.



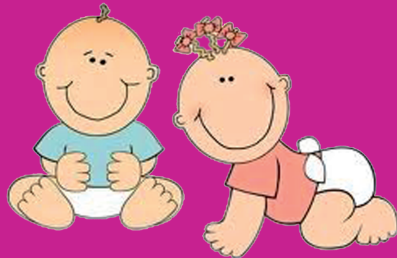
Sushi

PREVENT

Women should avoid eating fish with high mercury concentration like swordfish and mackerel fish.

Keep Away

- ① Alcohol
- ② Arguileh
- ③ Cigarettes
- ④ Unwashed vegetables & fruits
- ⑤ Raw meat
- ⑥ Some kind of raw fish



You have a chance to be a mom, prevent these diseases, and make exceptions for this precious gift.



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For our mom to be...



The Lebanese lifestyle is popular for eating different kind of dishes and practicing many habits. For this reason, our future moms must be aware of many sources of contaminations and habits that can be responsible of severe Birth Defects.