

Rivers/Lakes/Ponds that you eat fish from:



Four horizontal lines for writing.

Name: _____

Phone number: _____



Eating Smart and Being Active During Pregnancy

EATING SMART
BEING ACTIVE

Rivers/Lakes/Ponds that you eat fish from:



Four horizontal lines for writing.

Name: _____

Phone number: _____



Eating Smart and Being Active During Pregnancy

EATING SMART
BEING ACTIVE

Rivers/Lakes/Ponds that you eat fish from:



Four horizontal lines for writing.

Name: _____

Phone number: _____



Eating Smart and Being Active During Pregnancy

EATING SMART
BEING ACTIVE

Rivers/Lakes/Ponds that you eat fish from:



Four horizontal lines for writing.

Name: _____

Phone number: _____



Eating Smart and Being Active During Pregnancy

EATING SMART
BEING ACTIVE

Ríos/Lagos/Estanques de los que usted se come pescado: 

Nombre: _____

Numero de teléfono: _____



Coma bien y mantengase activa durante el embarazo

Ríos/Lagos/Estanques de los que usted se come pescado: 

Nombre: _____

Numero de teléfono: _____



Coma bien y mantengase activa durante el embarazo

Ríos/Lagos/Estanques de los que usted se come pescado: 

Nombre: _____

Numero de teléfono: _____



Coma bien y mantengase activa durante el embarazo

Ríos/Lagos/Estanques de los que usted se come pescado: 

Nombre: _____

Numero de teléfono: _____



Coma bien y mantengase activa durante el embarazo