



What you eat when pregnant is important for both of you. That's why we have a 'nutrition in pregnancy' helpsheet.

And because you'll have questions, we have a team of experts you can talk to on our Careline.

From bump to bounce, we're always here when you need us.

What you do for your baby at the start is important, because that's what affects their future. At SMA, we offer as much help as possible, like lots of expert advice to support healthy growth and development.



small steps, for their future.

For videos, helpsheets and so much more, visit smanutrition.co.uk or call the SMA Careline on 0800 0 81 81 80