



# Pregnancy Lifescripts

## Additional Information

A healthy pregnancy is important. You might like some extra information to help you achieve this.

**A comprehensive list of resources is located on the Australian General Practice Network website – go to [www.agpn.com.au/pregnancy](http://www.agpn.com.au/pregnancy)**

A wide variety of organisations have produced useful information about smoking, alcohol and nutrition during pregnancy. Some of the key internet resources recommended to you are:

- **Quitline:** the National Tobacco Campaign - A federal, state and territory health initiative. Visit [www.quitnow.info.au](http://www.quitnow.info.au)
- **Alcohol** is an information site developed by the Australian Government Department of Health and Ageing where you will find information on alcohol-related health issues, fact sheets, and links to other drug and alcohol related sites. Visit [www.alcohol.gov.au](http://www.alcohol.gov.au)
- **Food Standards Australia New Zealand** has fact sheets on folate, listeria and mercury in fish. Visit [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- The **Australian Government Healthy Eating Information** site provides access to practical information on healthy eating, regular physical activity and active living. Visit [www.healthyactive.gov.au](http://www.healthyactive.gov.au)
- The **Dietitians Association of Australia** is the largest professional nutrition organisation in Australia. Visit [www.daa.asn.au](http://www.daa.asn.au)
- **Nutrition Australia** is a community based organisation that aims to provide scientifically based nutrition information to help achieve optimal health through food variety and physical activity. Visit [www.nutritionaustralia.org](http://www.nutritionaustralia.org)
- **Australian Breastfeeding Association** is recognised internationally as a source of accurate information about breastfeeding management. Visit [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)