

A black silhouette of a pregnant woman stands on the left side of the page, facing right. Her hair is styled in large, flowing curls. The background is a light purple gradient with intricate, swirling golden and brown patterns. The text 'I didn't KNOW!' is prominently displayed on the right side. The letter 'I' is a large, purple, serif font. 'didn't' is in a black, sans-serif font. 'KNOW!' is in a large, black, sans-serif font, with a purple exclamation point.

I didn't KNOW!

MY WEIGHT
matters

.....
ask your doctor about the right
pregnancy weight gain for you
.....

healthier mom, healthier baby



SOUTH DAKOTA
DEPARTMENT OF HEALTH

www.IDidntKnowSD.com

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