

Nutritional Guidelines During Pregnancy

1. Limit use of caffeinated beverages to no more than 1-2 cups per day.
2. Limit use of herbal teas since some may have harmful side effects.
3. DO NOT USE TOBACCO OR ALCOHOL.
4. Drink at least 6-8 glasses of water per day.
5. Follow a regular exercise routine as per your doctor's approval.
6. Slowly increase your intake of fiber by choosing whole grain cereals and breads, beans, fresh fruits and vegetables.
7. To avoid gastrointestinal discomfort:
 - Eat small, frequent meals rather than large meals.
 - Choose low-fat protein foods.
8. Select easily digested carbohydrate foods such as fruit, pasta, potatoes, rice, ready-to-eat cereals, and breads.
9. Drink fluids in between meals instead of with meals.
10. Avoid fried and gas-forming foods.
11. Have a bedtime snack (preferably protein).
12. To relieve constipation:
 - Increase fluid intake up to 12 glasses per day.
 - Increase intake of high-fiber foods.
 - Exercise regularly and get plenty of rest.
 - Use laxatives ONLY with your doctor's approval.
13. To prevent heartburn/reflux:
 - Eat slowly, and avoid large meals—especially before bedtime.
 - Do not lie flat until at least 2-3 hours after eating.
14. It is safe to use aspartame during pregnancy. Avoid saccharin.

Food Safety

1. Wash hands, utensils, food and food preparation area before preparing foods.
2. Wash hands thoroughly after touching raw meat.
3. Cook food thoroughly. Use meat thermometers when roasting meats.
4. Keep hot foods hot (>140°F), and cold foods cold (<41°F).
5. Heat leftover foods thoroughly before eating.
6. Avoid consumption of raw seafood and fish in order to prevent certain bacterial and viral illnesses.
7. Do not eat from containers that contain lead, such as lead crystal decanters or glasses, unglazed ceramic containers, and cans with lead solder.
8. Listeria monocytogenes may be harmful to the baby. To avoid exposure to this organism, avoid soft cheeses such as feta, brie, camembert, and bleu cheese.



Which Fish Are Safe And Which Are Not?

When the Environmental Working Group, a Washington, D.C.–based advocacy group reviewed mercury levels, they stacked up fish this way. To cut your PCB exposure, **remove skin and extra fat**. Women who are not pregnant or planning to become pregnant can safely eat fish several times a week. The same goes for men.

Safe For Pregnant And Nursing Women:

Farmed trout, farmed catfish, shrimp, fish sticks, summer flounder, wild Pacific salmon, croaker (except white croaker), mid-Atlantic blue crab, haddock.

Pregnant Women Should Eat No More Than 1 Serving Per Month Of:

Canned tuna, mahi-mahi, blue mussels, Eastern oysters, cod, pollock, Great Lakes salmon, wild channel catfish, blue crab from the Gulf of Mexico.

Any Woman Considering Pregnancy, Already Pregnant, Or Nursing A Baby Should Avoid These Fish:

Shark, swordfish, king mackerel, tilefish, tuna steaks, sea bass, marlin, halibut, pike, walleye, white croaker, largemouth bass, oysters from the Gulf of Mexico, and any sport fish caught from waterways with fish advisories.

A NOTE OF CAUTION: Catching your own fish isn't necessarily better. Check with your state's fish and wildlife department before you head out to catch your own fish. In many areas (especially local fresh water lakes), the water may be highly polluted.