

Dietary Restrictions, Nutrition, and Activity Guidelines in Pregnancy

DIETARY RESTRICTIONS:

- NO sushi, undercooked poultry, or beef.
- NO soft cheeses such as gorgonzola, Brie, camembert, feta, queso fresco
- NO unpasteurized milk, juice, or apple cider.
- NO foods made with raw or undercooked eggs such as cookie dough, Caesar salad, homemade ice cream.
- NO high mercury containing fish such as swordfish, tilefish, shark, king mackerel, canned albacore tuna. Limit intake of chunk light tuna (no more than 12 ounces per week)
- NO refrigerated smoked seafood unless it is an ingredient in a cooked dish such as casserole.
- Some herbs can be harmful to developing fetus such as sassafras, pennyroyal and goldenseal. Avoid them.
- Microwave to the point of steaming hot dogs or any deli meat.
- Get in at least 1000 mg of calcium (low fat milk, yogurt, cheese and fortified juices).
- Prenatal vitamin that contains at least 800 mcg of folic acid
- Limit caffeine, no alcohol, no smoking including marijuana.

ACTIVITY GUIDELINES:

- Continue normal exercise program you took part in before pregnancy. Stay well hydrated, pay attention to signals from your body to slow down. Exercise will help with stress reduction as well as weight maintenance.
- Sexual activity is safe unless restricted by your doctor for medical or obstetrical complications.
- Hot tubs and saunas should be avoided at temperatures >100°f.
- Avoid kitty litter. Use gloves when gardening and wash hands afterwards to avoid toxoplasmosis.
- Prenatal yoga is an excellent form of exercise and is a good way to meet other expectant moms. Swimming is highly recommended in pregnancy as well.
- Low impact exercise helps avoid injury.