

Dietary Restrictions, Nutrition, and Activity Guidelines

Dietary Restrictions:

- NO sushi, undercooked poultry or beef
- NO unpasteurized cheeses, milk, juice, or cider
- NO foods made with raw or undercooked eggs
- NO high mercury containing fish such as swordfish, tilefish, shark, king mackerel, canned albacore tuna. Limit intake of chunk light tuna
- Get at least 1000 mg of calcium
- Prenatal vitamin that has at least 400 mcg of folic acid
- Limit caffeine intake to less than 200 mg daily
- NO alcohol or tobacco

Activity Guidelines:

- Continue exercise just as you did prior to pregnancy. Stay well hydrated and pay attention to signals from your body to slow down. Exercise will help with stress reduction as well as maintenance of a healthy weight
- Sexual activity is safe unless restricted by your doctor for medical or pregnancy related conditions
- Hot tubs and saunas should be avoided as high temperatures can be dangerous to a developing fetus although baths up to 100 degrees can be enjoyed for short intervals
- Avoid kitty litter, use gloves when gardening and wash hands afterwards to avoid a bacterium called toxoplasmosis