

## Do's and don'ts of pregnancy

- **Weight gain**
  - Pregnant women should be advised to eat a healthy, well-balanced diet and typically should increase their caloric intake by a small amount (350–450 calories/d).
- **Artificial sweeteners**
  - Artificial sweeteners can be used in pregnancy. Data regarding saccharin are conflicting. Low (typical) consumption is likely safe.
- **Caffeine**
  - Low-to-moderate caffeine intake in pregnancy does not appear to be associated with any adverse outcomes.
  - Pregnant women may have caffeine but should probably limit it to less than 300 mg/d (a typical 8-ounce cup of brewed coffee has approximately 130 mg of caffeine. An 8-ounce cup of tea or 12-ounce soda has approximately 50 mg of caffeine), but exact amounts vary based on the specific beverage or food.
- **Alcohol**
  - Although current data suggest that consumption of small amounts of alcohol during pregnancy (less than seven to nine drinks/wk) does not appear to be harmful to the fetus, the exact threshold between safe and unsafe, if it exists, is unknown. Therefore, alcohol should be avoided in pregnancy.
- **Fish consumption**
  - In line with current recommendations, pregnant women should generally avoid undercooked fish. However, sushi that was prepared in a clean and reputable establishment is unlikely to pose a risk to the pregnancy.

| <b>What is a serving?</b> As a guide, use the palm of your hand.                                                                                                                                                                                                                                                                                                                                                 |                             |                                        | <b>Childhood:</b><br>On average, a serving is about:                                                                                                                                                                                                |                      |                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------------------------------------------|
|  <b>Pregnancy and breastfeeding:</b><br>1 serving is 4 ounces<br><br><b>Eat 2 to 3 servings a week from the "Best Choices" list</b><br>(OR 1 serving from the "Good Choices" list).                                                                                                                                           |                             |                                        |  1 ounce at age 1 to 3<br>2 ounces at age 4 to 7<br>3 ounces at age 8 to 10<br>4 ounces at age 11<br><b>Eat 2 servings a week from the "Best Choices" list.</b>  |                      |                                                    |
| Best Choices                                                                                                                                                                                                                                                                                                                                                                                                     |                             |                                        | Good Choices                                                                                                                                                                                                                                        |                      |                                                    |
| Anchovy                                                                                                                                                                                                                                                                                                                                                                                                          | Herring                     | Scallop                                | Bluefish                                                                                                                                                                                                                                            | Monkfish             | Tilefish (Atlantic Ocean)                          |
| Atlantic croaker                                                                                                                                                                                                                                                                                                                                                                                                 | Lobster                     | Shad                                   | Buffalofish                                                                                                                                                                                                                                         | Rockfish             | Tuna, albacore/white tuna, canned and fresh/frozen |
| Atlantic mackerel                                                                                                                                                                                                                                                                                                                                                                                                | American and spiny          | Shrimp                                 | Carp                                                                                                                                                                                                                                                | Sablefish            | Tuna, yellowfin                                    |
| Black sea bass                                                                                                                                                                                                                                                                                                                                                                                                   | Mullet                      | Skate                                  | Chilean sea bass/Patagonian toothfish                                                                                                                                                                                                               | Sheepshead           | Weakfish/seatrout                                  |
| Butterfish                                                                                                                                                                                                                                                                                                                                                                                                       | Oyster                      | Smelt                                  | Grouper                                                                                                                                                                                                                                             | Snapper              | White croaker/Pacific croaker                      |
| Catfish                                                                                                                                                                                                                                                                                                                                                                                                          | Pacific chub mackerel       | Sole                                   | Halibut                                                                                                                                                                                                                                             | Spanish mackerel     |                                                    |
| Clam                                                                                                                                                                                                                                                                                                                                                                                                             | Perch, freshwater and ocean | Squid                                  | Mahi mahi/dolphinfish                                                                                                                                                                                                                               | Striped bass (ocean) |                                                    |
| Cod                                                                                                                                                                                                                                                                                                                                                                                                              | Pickering                   | Tilapia                                |                                                                                                                                                                                                                                                     |                      |                                                    |
| Crab                                                                                                                                                                                                                                                                                                                                                                                                             | Plaice                      | Trout, freshwater                      |                                                                                                                                                                                                                                                     |                      |                                                    |
| Crawfish                                                                                                                                                                                                                                                                                                                                                                                                         | Pollock                     | Tuna, canned light (includes skipjack) |                                                                                                                                                                                                                                                     |                      |                                                    |
| Flounder                                                                                                                                                                                                                                                                                                                                                                                                         | Salmon                      | Whitefish                              |                                                                                                                                                                                                                                                     |                      |                                                    |
| Haddock                                                                                                                                                                                                                                                                                                                                                                                                          | Sardine                     | Whiting                                |                                                                                                                                                                                                                                                     |                      |                                                    |
| Hake                                                                                                                                                                                                                                                                                                                                                                                                             |                             |                                        |                                                                                                                                                                                                                                                     |                      |                                                    |
| Choices to Avoid HIGHEST MERCURY LEVELS                                                                                                                                                                                                                                                                                                                                                                          |                             |                                        |                                                                                                                                                                                                                                                     |                      |                                                    |
| King mackerel                                                                                                                                                                                                                                                                                                                                                                                                    | Shark                       | Tilefish (Gulf of Mexico)              |                                                                                                                                                                                                                                                     |                      |                                                    |
| Marlin                                                                                                                                                                                                                                                                                                                                                                                                           | Swordfish                   | Tuna, bigeye                           |                                                                                                                                                                                                                                                     |                      |                                                    |
| Orange roughy                                                                                                                                                                                                                                                                                                                                                                                                    |                             |                                        |                                                                                                                                                                                                                                                     |                      |                                                    |
| <b>What about fish caught by family or friends?</b> Check for <a href="#">fish and shellfish advisories</a> to tell you how often you can safely eat those fish. If there is no advisory, eat only one serving and no other fish that week. Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. |                             |                                        |                                                                                                                                                                                                                                                     |                      |                                                    |
| <a href="http://www.FDA.gov/fishadvice">www.FDA.gov/fishadvice</a><br><a href="http://www.EPA.gov/fishadvice">www.EPA.gov/fishadvice</a>                                                                                                                                                                                                                                                                         |                             |                                        |  U.S. FOOD & DRUG ADMINISTRATION<br> U.S. ENVIRONMENTAL PROTECTION AGENCY |                      |                                                    |

- Food to avoid
  - Pregnant women should avoid raw and undercooked meat.
  - Pregnant women should wash vegetables and fruit before eating them.
  - Pregnant women should avoid unpasteurized dairy products.
  - Unheated deli meats could also potentially increase the risk of Listeria, but the risk in recent years is uncertain.
  - Pregnant women should avoid foods that are being recalled for possible Listeria contamination.
- Smoking, nicotine, and vaping
  - Women should not smoke cigarettes during pregnancy. If they are unable to quit entirely, they should reduce it as much as possible.
  - Nicotine replacement (with patches or gum) is appropriate as part of a smoking cessation strategy.
  - Marijuana use is not known to be associated with any adverse outcomes in pregnancy. However, data regarding long-term neurodevelopmental outcomes are lacking; therefore, marijuana use is currently not recommended in pregnancy.
- Exercise and bedrest
  - Pregnant women should be encouraged to exercise regularly.
  - There is no known benefit to activity restriction or bedrest for pregnant women.
- Seatbelts
  - Pregnant women should wear lap and shoulder seatbelts while in a motor vehicle and should not disable their airbags.
- Oral health
  - Oral health and dental procedures can continue as scheduled during pregnancy.
- Hot tubs and swimming
  - Although data are limited, pregnant women should probably avoid hot tub use in the first trimester.
  - Swimming pool use should not be discouraged in pregnancy.
- Insect repellants
  - Topical insect repellants (including DEET) can be used in pregnancy and should be used in areas with high risk for insect-borne illnesses.
- Hair dyes
  - Although data are limited, because systemic absorption is minimal, hair dye is presumed to be safe in pregnancy.
- Travel
  - Airline travel is safe in pregnancy. Pregnant women should be familiar with the infection exposures and available medical care for each specific destination. Generally, air travel before 36 weeks of pregnancy is considered safe for people who aren't dealing with any pregnancy problems
- Sexual intercourse
  - There are no restrictions regarding sexual intercourse unless noted to have placenta previa or ongoing bleeding in pregnancy.
- Sleeping position
  - It is currently unknown whether, and at what gestational age, pregnant women should be advised to sleep on their side.