



**Eat a Healthy Diet-** this is the time in your life when you will make many changes to your diet. You begin to think about you and your baby. Eat lots of fresh fruits and vegetables.

**Never take medications or drugs-** without checking with your health care provider.

**Quite smoking-** if you smoke while pregnant, less oxygen will get to your baby. Your baby may be born premature or too small. Your baby has a greater chance of dying before his first birthday

**Say “No”** to beer, wine coolers and liquor, marijuana and/or any form of drugs.

**Let someone else empty your cat’s litter box.** You could get an infection (toxoplasmosis) which can cause birth defects.

**Avoid x-rays.** Tell the technician you are pregnant.

**Take prenatal vitamins.** They should contain folic acid. If your prenatal vitamin is making you nauseous, try using a whole food type of vitamin such as Juice Plus. Talk to your doctor.

**Avoid hot tubs and saunas.** They may cause your baby’s heart to beat too fast.

**Avoid contact with sick** people as much as possible. Wash hands often to reduce infection.

**Let your doctor know if you or your partner** have genital herpes, Chlamydia, gonorrhea, HIV or other sexually transmitted diseases.

**Do not eat raw** or undercooked meat, fish, eggs or soft cheeses.

**Avoid foods high in mercury.** Pregnant women should not eat fish that can be high in mercury, like shark, swordfish, king mackerel and tilefish. They can eat up to 12 ounces a week of fish that are low in mercury, including shrimp, salmon, pollock, catfish and canned light tuna. Women should eat no more than 6 ounces of albacore (white) tuna, which has more mercury than canned light tuna, in one week. Some omega-3 rich fish that are low in mercury include salmon, herring, anchovies, sardines and trout.

**Wear your seatbelt** below your belly across your lap. The lap shoulder harness should go across your chest, not under your arm. Adjust your seat as necessary to help your belly not touch the steering wheel.

**Floss and brush your teeth** to reduce bacteria in your mouth. See your dentist at least once during your pregnancy.

**Avoid caffeine.** Do not drink excessive amounts of soda, tea, coffee, or other soft drinks with caffeine. Caffeine may be associated with miscarriage. Instead drink water. Many experts feel moderation is about 150mg/day.

Drink	Oz.	Caffeine	Drink	Oz.	Caffeine
7-up	12oz	0mg	Choc. Milk	8oz	5mg
Arizona Green Tea Energy	16oz	200mg	Crystal light Energy	16oz	120mg
Coke Classic	12oz	34.5mg	Diet Coke	12oz	45mg
Brewed Coffee	8oz	107.5mg	Espresso	1.5oz	77mg
DR Pepper	12oz	41mg	Dunkin Donuts Coffee	16oz	143mg
H2O Blast	16ozs	100mg	Java	8oz	100-160mg
Lipton Ice Teas	20oz	100mg	McDonalds Lg Coffee	16oz	145mg
Pepsi-cola	12oz	38mg	SoBe Green Tea	20oz	35mg
Starbucks Grande	16oz	150mg-330mg	Starbucks Brewed Coffee	16oz	330mg
Ben and Jerry Coffee Ice Cream	8oz	70mg	Breyers Coffee Ice Cream	8oz	30mg
Kitkat	Bar	8mg	Hershey's with almonds	Bar	8mg
Hershey's Dark	Bar	18mg	Hershey's Kisses	1	1mg
Reeses Peanut Butter Cups	Per butter cup	4mg	Baking Chocolate	Per square	23.2mg