

Food Safety in Pregnancy

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These are guidelines to help you avoid foods that may be dangerous to you in pregnancy. Use common sense when choosing and preparing foods.

- Limit fish to 12 ounces per week (6 ounces of albacore tuna) to avoid mercury. Please try to avoid shark, swordfish, King mackerel and tilefish.
- Avoid raw or undercooked foods: shellfish, sushi, meat (including deli meats and hot dogs).
- Avoid raw or undercooked eggs
- Avoid unpasteurized cheeses, milk or juices.
- Avoid herbal supplements and large quantities of herbal teas.
- Avoid raw sprouts (especially alfalfa)

Your baby may be at increased risk of developing food allergies if either parent has allergies. You may want to limit these foods, especially in the third trimester.

Dietary requirements

Try to get 1200 mg of calcium a day. This can be through 4 servings of milk, cheese or yogurt, or calcium supplements or 4 TUMS.

Try to eat 5 servings of fruits or veggies a day.

Try to drink 64 oz. of water a day. Limit soda and juice.

Limited amounts of caffeine (3 a day) and Nutrasweet are okay (really!).

If you can't tolerate your prenatal vitamin, try a children's chewable vitamin instead. time and they should cause you little or no discomfort. If they do, let us know and we shall prescribe the necessary treatment for you. Sitz baths, as previously described, are helpful.