

Do's and Don'ts in Pregnancy

From The American College of Obstetricians and Gynecologists

- **Prenatal Vitamins**

- Pregnant women should consume the following each day through diet or supplements.
 - Folic Acid 400-800 micrograms (until the end of the first trimester)
 - Iron 30 mg (or be screened for anemia)
 - Vitamin D 600 international units
 - Calcium 1,000 mg
- Prenatal Vitamins are unlikely to be harmful. Therefore, they may be used to ensure adequate consumption of several vitamins and minerals in pregnancy. However, their necessity for all pregnant women is uncertain, especially for women with well-balanced diets.

- **Nutrition and 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/day).
- Women with higher pre-pregnancy BMI's do not need to gain the same amount of weight as women with normal or low BMIs.

- **Alcohol**

- Although current data suggest that consumption of small amounts of alcohol during pregnancy (less than seven to nine drinks/week) does not appear to be harmful to the fetus, the exact threshold between safe and unsafe, if it exists, is unknown. Therefore, should be avoided in pregnancy.

- **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 limit it to less than 300 mg/day (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.
- **Fish Consumption**
 - Pregnant women should try to consume two or three servings per week of fish with a high DHA and low mercury content
 - For women who do not achieve this, it is unknown whether DHA and n-3 PUFA supplementation are beneficial, but they are unlikely to be harmful.
- **Raw and Undercooked Fish**
 - 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 threat to pregnancy.
- **Other Foods to Avoid**
 - Pregnant women should avoid raw and undercooked meat.
 - 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 food 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 that should reduce it as much as possible.
 - Nicotine replacement with (patches or gum) is appropriate as part of a smoking

cessation strategy.

- **Marijuana**
 - Marijuana 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**
 - Pregnancy women should be encouraged to exercise regularly.
 - There is no known benefit to activity restriction or bedrest for pregnant women.