

Guidelines for Pregnant Women

Fish/Sushi: Good to eat in moderation. New guidelines recommend that pregnant women consume a minimum of 2–3 servings or 8–12oz of low mercury fish every week.

Best choices to have 2–3 servings a week–

Anchovy, Catfish, Clam, Cod, Crab, Crawfish, Flounder, Haddock, Scallop, Shrimp, Smelt, Sole, Squid, Tilapia, Trout, Canned Light Tuna, Whitefish, Herring, Lobster, Oyster, Mackerel, Perch, Pollock, Salmon, Sardine

Good Choices for 1 serving a week–

Bluefish, Grouper, Halibut, Mahi Mahi/dolphinfish, Monkfish, Rockfish, Sheepshead, Snapper, Ocean bass, Albacore tuna, Yellowfin tuna,

Fish to avoid–King Mackerel, Marlin, Orange Roughy, Marlin, Shark, Swordfish, Tilefish, Bigeye Tuna

Supplements: Nothing besides a prenatal vitamin unless a patient has special needs

Cheese/Meats: No unpasteurized cheese or milk, refrigerated pates, meat spreads, or smoked seafood

Caffeine: Ok in moderation

Alcohol: No! Never in pregnancy.

Smoking: No! And after delivery, if you relapse, be sure to smoke outside, away from children

Hot Tubs: Not in the first trimester, and then only in moderation and if water is cooler than 100 degrees Fahrenheit

Exercise: Do it!

Hair Dye: You go, girl! But try and use organic and less long-acting dyes.

Source: Dr. Autry