



GUIDELINES FOR PREGNANT WOMEN

Fish / Sushi: Good to eat in moderation, but not shark, swordfish, albacore tuna, tilefish, king mackerel, or whale.

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: Okay in moderation.

Alcohol: No! Never in pregnancy.

Smoking: No! And after delivery, if you relapse, be sure to smoke only 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 to use organic and less long-acting dyes.

Source: Dr. Meg Autry