



GUIDELINES FOR PREGNANT WOMEN

FISH/SUSHI:	Good to eat in moderation, but no 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:	OK in moderation.
ALCOHOL:	No! Never in pregnancy.
SMOKING:	No. After delivery, if you relapse, be sure to smoke only outside, away from children.
HOT TUBS:	Not in the 1 st 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 hair dyes.

SOURCE: Dr. Meg Autry