



Tips for Healthy Eating

DO EAT

In General

- In the first trimester, eat for one, drink for two
- In the second and third trimesters, increase your intake by 200-300 calories per day
- Eat multiple small meals a day
- Eat a balance of complex carbohydrates, protein and fiber to maintain blood sugar and energy
- Choose whole grains
- Eat plenty of fruits, vegetables, lean meats, and safe fish
- Have at least 3-4 servings of calcium rich foods per day (e.g. milk, cheese, yogurt)

Fish

- Cook fish to 145°F (opaque in the center)
- Eat up to 12 ounces (two servings) a week of low-mercury fish, such as salmon, shrimp, pollack, or trout
- Maximum of 6 ounces (1 serving) a week of canned “solid white” or non-albacore tuna

Meat & Poultry

- Cook beef, veal, and lamb to 145°F
- Cook pork and all ground meats to 160°F
- Cook poultry to 165°F

Eggs

- Cook eggs until yolks are firm
- Cook dishes containing eggs to 160°F

Cheese

- Check labels when buying soft cheese to make sure it's made with pasteurized milk

DON'T EAT

In General

- “Junk” or “fast food” that are high in salt
- Limit refined carbohydrates which are high in sugar
- Prepared salads from the deli containing eggs, chicken lunch meat, seafood
- Buffet or picnic food that's been sitting out for two or more hours (one hour on a hot day)
- Raw sprouts or any unwashed produce

Fish

- Raw or undercooked fish or shellfish
- Fish with high levels of mercury, including: shark, swordfish, king mackerel, tilefish, golden & white snapper, fresh tuna steaks
- Unpasteurized, refrigerated, smoked, or pickled fish (unless heated until steaming)

Meat & Poultry

- Raw or undercooked meat or poultry
- Refrigerated/lunchmeat of any kind (ham/turkey, roast beef, hot dogs, bologna, prosciutto, pate, etc.) unless heated until steaming
- Dry, undercooked sausages, such as salami and pepperoni (unless heated until steaming)

Eggs

- Runny or undercooked eggs
- Cookie dough or cake batter with raw eggs
- Homemade desserts or sauces that contain raw eggs (i.e., eggnog, custard, mousse, hollandaise sauce, bearnaise sauce, mayonnaise, and Caesar salad dressing)

Cheese

- Unpasteurized soft cheese (such as feta, Brie, Camembert, blue cheese, queso fresco, queso blanco, and panela)



Exercise

If you already exercise, continue what you are doing, however the duration and intensity of your workouts will need to be adjusted. Your target heart rate in pregnancy should be at least 10-15 beats per minute lower than before you became pregnant. Be sure you can carry on a conversation with only light to moderate difficulty. Remember, if you are out of breath the baby is too. Contact sports and exercises that involve bearing down are not recommended.

If you have not been exercising, this is not the time to start a rigorous exercise routine. Talk to your provider first to make sure you are healthy enough for light exercise such as walking, stationary bike, elliptical or swimming.

There may be times when we will tell you that you may not exercise. If you have any questions or concerns, or you develop any unusual symptoms during exercise, please call us.

Travel in Pregnancy

Many women can travel safely in pregnancy with certain limitations. You are at an increased risk for developing a blood clot in pregnancy and this risk increases with prolonged sitting. Stand up and walk for 10-15 minutes approximately every hour to decrease this risk. In addition, we do not allow travel after 35 weeks of pregnancy. As always, your particular situation may result in changes to these guidelines.

Planning Your Maternity Leave

Employers have different sets of forms to approve your maternity leave. If your employer requires us to fill out a form, please complete your portion and then give the remainder to the medical assistant at one of your OB appointments. A member of our staff will complete them and obtain necessary signatures from your doctors. This process may take up to two weeks and there is a \$25 fee for this service.

Planning for Labor & Delivery

As you continue to progress through pregnancy, you will receive further information about preparing for labor & delivery. Our goal is to have a healthy mom and healthy baby. There are many procedures that are required to ensure a healthy delivery and others that are optional if your labor is progressing normally. We will go through these in detail with you in the third trimester. We aim to be sensitive to your wishes during the unique experience of delivery and are happy to make appropriate accommodations.

All deliveries occur at INOVA Fair Oaks Hospital by one of our OB/GYN physicians. We do not offer delivery at home or at a birthing center. We also do not provide back up for midwives not affiliated with our practice. If you are considering these options, please discuss this with us.

Other Pregnancy Resources & Tips

There are many popular books on pregnancy in bookstores and libraries. Some suggestions are

- *What to Expect When You are Expecting* by Heidi Murkoff
- *The Glory to be Revealed in You, A Spiritual Companion to Pregnancy* by Kristen West
- *What to Expect (from God) When You are Expecting* by Kathy Hickling
- *Prayer and Pregnancy* by Janet Alampi

Talking to and praying for the baby together is very encouraging to moms and dads. In their own way, parents begin speaking to their little one early in pregnancy. Many women find journaling to be especially precious in pregnancy. Writing to the baby is a beautiful way to document the many, unique dimensions of the bonding experience.