

South Florida Women's Care  
Obstetrics & Gynecology



## RECOMMENDATIONS FOR A HEALTHY PREGNANCY

### NUTRITION

A well-balanced and healthy diet should include proteins, carbohydrates, vitamins, minerals and fat. If you are a normal weight before your pregnancy, you only need an average of 300 extra calories per day to fuel your baby's growth and keep you healthy during pregnancy. During pregnancy, the recommended amounts of certain nutrients, vitamins and minerals are higher; therefore, a prenatal vitamin is prescribed. The recommendations for iron, folic acid, calcium, vitamin B complex, vitamin A, E, D, K, phosphorous, zinc and iodine are included in your prenatal vitamin. Please be aware Vitamin A, when taken over 10,000IU/day, can cause birth defects and must be avoided.

If you are a vegetarian, you need to plan your meals with care to ensure you get enough protein. You also may need extra supplements to meet your requirements of iron, vitamin B<sub>12</sub>, and vitamin D.

*What about fish?* **Avoid eating any shark, swordfish, king mackerel, or tilefish.** Mercury levels in these fish are concerning. Also, fish caught in lakes and rivers must be avoided. Shrimp, canned light tuna (not albacore), salmon, Pollock and catfish are safe. You can safely eat up to 12 ounces (about 2 meals) of these fish per week.

*What about Sushi?* Eat only cooked fish in order to avoid potential harmful organisms.

What about cheese? Listeria, a bacterium that causes illness, may be present in raw and uncooked meats, poultry and shellfish, and in unpasteurized milk and cheeses. Therefore, all of the above should be avoided. Wash all fresh fruits and vegetables well before using them. Also, be sure to heat deli meats until steaming hot.

### ARTIFICIAL SWEETENERS

Multiple safety studies have shown no adverse health effects or increase in fetal anomalies secondary to the use of artificial sweeteners. Moderate consumption of artificial sweeteners (aspartame, sucralose and stevia) appears to be safe in pregnancy and when attempting conception, while avoidance of saccharin is recommended.

## CAFFEINE INTAKE

Moderate amounts of caffeine intake appear to be safe. Consumption should be limited to 200 mg of caffeine daily. Consumption of more 500mg of daily caffeine has been associated with an increased risk of miscarriage.

Type of coffee	Size*	Caffeine mg**
Espresso, restaurant-style	1 oz. (30 mL)	40-75
Espresso, restaurant-style, decaffeinated	1 oz. (30 mL)	0-15
Generic brewed	8 oz. (240 mL)	95-200
Generic brewed, decaffeinated	8 oz. (240 mL)	2-12
Generic instant	8 oz. (240 mL)	27-173
Generic instant, decaffeinated	8 oz. (240 mL)	2-12
McDonald's brewed	16 oz. (480 mL)	100
McDonald's Mocha Frappe	16 oz. (480 mL)	125
Starbucks Latte	16 oz. (480 mL)	150
Starbucks Pike Place brewed	16 oz. (480 mL)	330
Starbucks Pike Place brewed, decaffeinated	16 oz. (480 mL)	25
Tea	5 oz (150 mL)	40-80
Dr Pepper	5 oz. (150 mL)	61
Mountain Dew	12 oz. (350 mL)	55
Diet coke	12 oz. (350 mL)	45
Pepsi	12 oz. (240 mL)	43
Coca Cola Classic	12 oz. (240 mL)	23

From US Food and Drug Administration\*

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## WEIGHT GAIN

A weight gain of 25-35 pounds by the end of the pregnancy is ideal for most patients. If you are underweight or overweight prior to the pregnancy, or if you are carrying a multiple pregnancy, we may suggest a different weight gain range.

## EXERCISE

Regular exercise has been shown to reduce the incidence of gestational diabetes, particularly in obese women. For pregnant women The American College of Sports Medicine recommends 30 minutes of daily moderate exercise at least five times a week. However, certain types of physical activity - contact sports and sports associated with a higher incidence of falls (i.e. gymnastics, horseback riding, downhill skiing) could pose a risk to pregnant women and should be avoided. Exposure to the extremes of air pressure, such as in SCUBA diving and high-altitude exercise should be avoided. Unless your doctor otherwise indicates, it is recommended to maintain a moderate level of exercise, while avoiding vigorous, sustained exercise.

## SEXUAL ACTIVITY

You can continue to have a healthy sex life during pregnancy. As long as you are not experiencing any complications such as preterm labor, vaginal bleeding or spotting, you can engage in sexual activity. Remember, if you or your partner are not monogamous, condoms are very important in protecting you and your baby from the spread of sexually transmitted diseases.

## ABDOMINAL TRAUMA

Motor vehicle accidents are responsible for many injuries. Proper seat belt use is crucial at all times. For proper seat belt use, the lap belt should be placed under your belly and fit snug over the thighs, with the shoulder harness off to the side of the uterus and between the breasts. Airbags should not be disabled during pregnancy. Please call us immediately if you are over 20 weeks and get into a car accident or fall and hit your abdomen, this could be a medical emergency for you and your baby.

## WORK

A woman with an uncomplicated pregnancy who is employed where there are no greater potential hazards than dose encounter in routine daily life may continue to work without interruption until the onset of labor.

## TRAVEL

If you must travel, the best time to do it is probably the middle of your pregnancy –between 14 and 28 weeks. Most airlines allow travel until 36 weeks of pregnancy, although individual policies may vary. While on a plane, car, train, etc., walk around every 1-2 hours and do some gentle stretching of your leg muscles. If traveling abroad, stay away from poorly cooked food and tap water that has not been boiled to avoid parasites and hepatitis.

## READING

There are many sources of good information, and bad information. Avoid ‘Google-ing’ information, as this may just confuse you. There are excellent and reputable medical and official websites that provide excellent and accurate information for patients. Some of them are the American College of Obstetrics and Gynecology (ACOG), FDA and the CDC websites. For some lighter reading, *What to Expect When you are Expecting* is very informative. The more educated you are about the pregnancy and the birthing process, the more you will enjoy this beautiful journey!

[www.acog.org/For\\_Patients](http://www.acog.org/For_Patients)

[www.fda.gov](http://www.fda.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.immunizationforwomen.org](http://www.immunizationforwomen.org)

Welcome to our practice!

Please know that we are a group practice and unless  
You have a scheduled C-section or induction, the doctor on call will attend your  
delivery. We deliver at Baptist Hospital ONLY.

For emergencies call (305) 661-7766



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