



Food Safety

Most women can eat any food they want while they are pregnant. But there are some foods that can be dangerous to the health of your baby.

- Do not eat swordfish, shark, king mackerel, or tilefish.
- Eat salmon no more than once a week. Eat only “light” tuna. Do not eat albacore tuna.
- Make sure all dairy products you eat or drink are pasteurized (not raw).
- Do not eat any meat or fish that has not been cooked all the way through.
- Do not eat any cooked food that has not been kept hot or chilled.
- Wash knives, cutting boards, and your hands between handling raw meat and any other food – like fruits and vegetables – that you plan to eat raw.
- Wash all fruits and vegetables well before you eat them.

For more detailed information about food safety, including a “Fish Facts Print-and-Go Guide,” go to www.womenshealth.gov and search for “print and go guides.”

Exercise

Exercise will help you remain healthy and feeling your best while your body rapidly changes. It can also help prepare you for labor and delivery.

- Continue mild to moderate exercise. Regular exercise is better than occasional exercise. Aim for at least three days per week, 30 minutes each time.
- Walking, cycling, and swimming are the safest forms of exercise while you are pregnant.
- Late in pregnancy don’t lie flat on your back while exercising (prop your hips to the side).
- Make sure you drink lots of water and slow down if you need to.

Types of Exercise Usually Safe in Pregnancy:

- Low Impact Aerobics/Pregnancy Fitness Classes
- Swimming/Water Aerobics
- Jogging, Walking, or a Day Hike
- Cycling/Stationary Bike
- Gentle Yoga (some classes are just for pregnant women)
- Cross Country Skiing
- Non-competitive Racket Sports/Golf
- Weight Training (avoid excessive straining)

Contact the patient navigator for a list of community exercise resources.