

Foods to Eat and Avoid During Pregnancy

<p>Foods to Consume Daily:</p> <ul style="list-style-type: none">• Fruits/vegetables: 3-4 servings/day• Whole grain foods: 2-4 servings/day• Calcium rich foods: 2-4 servings/day• Protein rich foods: 2-4 servings/day• Water: 10-12 glasses/day	<p>What About Fish?</p> <ul style="list-style-type: none">• Fish: Seafood is an excellent source of protein and omega-3 fatty acids. However, certain seafood is high in mercury which can interfere with fetal brain development.• Fish that is safe (2-3 servings/week): Salmon, Light Albacore Tuna, Tilapia, Flounder, Cod, Crab, Shrimp• Fish to avoid: Mackerel, Swordfish, Shark, Tilefish, Tuna (other than light albacore)
<p>Foods to Eat Sparingly:</p> <ul style="list-style-type: none">• Caffeine: you can drink up to 200mg caffeine per day. This is equivalent to one large cup of coffee.• Sugary foods• Processed foods	<p>Foods to Avoid:</p> <ul style="list-style-type: none">• Alcohol• Nicotine• Illicit drugs• Unpasteurized milk and soft cheeses• Deli meats (unless heated prior to eating)• Smoked fish• Raw/undercooked meat