



Do's and Don'ts

Print-and-Go Guide

Eat this. Don't eat that. Do this. Don't do that. Pregnant women are bombarded with Do's and Don'ts. It's tough to keep it all straight. Pregnancy Do's are listed below. The next page has a list of pregnancy Don'ts.

Pregnancy Do's

- **See your provider regularly.** Prenatal care can help keep you and your baby healthy and spot problems if they occur.
 - **Continue taking folic acid throughout your pregnancy.** All women capable of pregnancy should get 400 to 800 micrograms (400 to 800 mcg or 0.4 to 0.8 mg) of folic acid every day. Getting enough folic acid lowers the risk of some birth defects. Taking a vitamin with folic acid will help you to be sure you are getting enough.
 - **Eat a variety of healthy foods.** Including fruits, vegetables, whole grains, calcium-rich foods, lean meats, and a variety of cooked seafood.
 - **Get all essential nutrients, including iron, every day.** Getting enough iron prevents anemia, which is linked to preterm birth and low-birth weight babies. Ask your provider about taking a daily prenatal vitamin or iron supplement. Eat iron-rich food like leafy greens and lean red meat.
 - **Drink extra fluids, especially water.**
 - **Get moving!** Unless your provider tells you otherwise, physical activity is good for you and your baby.
 - **Gain a healthy amount of weight.** Gaining more than the recommended amount during pregnancy increases a woman's risk for pregnancy complications. It also makes it harder to lose the extra pounds after childbirth. Check with your provider to find out how much weight you should gain during pregnancy.
 - **Wash hands,** especially after handling raw meat or using the bathroom.
 - **Get enough sleep.** Aim for 7 to 9 hours every night. Resting on your left side helps blood flow to you and your baby and prevents swelling. Using pillows between your legs and under your belly will help you get comfortable.
 - **Set limits.** If you can, control the stress in your life and set limits. Don't be afraid to say "no" to requests for your time and energy. Ask for help from others.
 - **Make sure health problems are treated** and kept under control. If you have diabetes, control your blood sugar levels. If you have high blood pressure, monitor it closely.
 - **Ask your provider before stopping any medicines** you take or taking any new medicines. Prescription, over-the-counter, and herbal medicine all can harm your baby.
 - **Get a flu shot.** Pregnant women can get very sick from the flu and may need hospital care. Ask your provider about the flu vaccine.
 - **Always wear a seatbelt.** The lap strap should go under your belly, across your hips. The shoulder strap should go between your breasts and to the side of your belly. Make sure it fits snugly.
 - **Join a childbirth or parenting class.**
- Steer clear of these pregnancy no-nos to help keep you and your baby safe and healthy.

Pregnancy Don'ts

- **Don't smoke tobacco.** Quitting is hard, but you can do it! Ask your provider for help. Smoking during pregnancy passes nicotine and cancer-causing drugs to your baby. Smoking also keeps your baby from getting needed nourishment and raises the risk of miscarriage, preterm birth, and infant death.



HEALTHY PREGNANCY

- [illegible]