

Foods/Drinks 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 of caffeine per day. This is equivalent to one large cup of coffee. • Sugary foods and drinks • 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 and fish