

Things to Avoid

DURING PREGNANCY

Pregnancy can be exciting, but also a time to be cautious about what you eat and participating in certain activities. For your health and the health of your baby, here are some things experts recommend avoiding when pregnant.

What to Avoid

Certain foods and beverages may put you at risk of a bacterial infection or expose you to high levels of substances that could harm your developing baby.

- ⊗ **Lunch meat & deli salads**
- ⊗ **Unpasteurized dairy products & juices**
- ⊗ **Fish with high levels of mercury**
- ⊗ **Raw meat & fish**
- ⊗ **Raw eggs**
- ⊗ **Alcohol** - There is **NO** known safe amount, **NO** safe time, and **NO** safe type of alcohol use during pregnancy
- ⊖ **Caffeine** - limit intake to less than 200 milligrams (1.5 cups) per day

Be Careful

Find alternatives to activities that may raise your body temperature too high or put you at risk for a fall or physical injury.

- ⊗ **Hot tubs and saunas**
- ⊗ **Hot yoga or Pilates**
- ⊗ **Exposure to extreme heat**
- ⊗ **Contact sports**
- ⊗ **Heavy lifting**

Also Avoid

Exposure to harmful toxins or chemicals

- ⊗ **Changing a litter box**
- ⊗ **Paint fumes**
- ⊗ **Secondhand smoke**
- ⊗ **Illicit drugs**

Sources

<https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/foods-to-avoid-during-pregnancy/>

<https://www.medicalnewstoday.com/articles/322873>

For More Info

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