

## Foods/Drinks to Eat and Avoid During Pregnancy

<p><b>Foods to Consume Daily:</b></p> <ul style="list-style-type: none"> <li>• Fruits/vegetables: 3-4 servings/day</li> <li>• Whole grain foods: 2-4 servings/day</li> <li>• Calcium rich foods: 2-4 servings/day</li> <li>• Protein rich foods: 2-4 servings/day</li> <li>• Water: 10-12 glasses/day</li> </ul>	<p><b>What About Fish?</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Fish that is safe (2-3 servings/week): Salmon, light albacore tuna, tilapia, flounder, cod, crab, shrimp</li> <li>• Fish to avoid: Mackerel, swordfish, shark, tilefish, tuna (other than light albacore)</li> </ul>
<p><b>Foods to Eat Sparingly:</b></p> <ul style="list-style-type: none"> <li>• Caffeine: you can drink up to 200mg of caffeine per day. This is equivalent to one large cup of coffee.</li> <li>• Sugary foods and drinks</li> <li>• Processed foods</li> </ul>	<p><b>What to Avoid?</b></p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Nicotine</li> <li>• Illicit drugs</li> <li>• Unpasteurized milk and soft cheeses</li> <li>• Deli meats (unless heated prior to eating)</li> <li>• Smoked fish</li> <li>• Raw/undercooked meat and fish</li> </ul>