

## nutrition

### Feeling extra hungry?

While you're pregnant, you have some special nutrition needs. Your body is working hard during pregnancy and typically needs an extra 300 calories per day, such as a piece of whole grain bread with peanut butter. As you make nutrition choices throughout your pregnancy, some foods should be avoided or limited while others can be enjoyed! This document breaks it down for you.

### Drinks

#### Enjoy

- Coffee and tea, in moderation. Up to about 1-2 cups of coffee or 3-4 cups of tea is okay. While caffeine can reach your baby, the effects on your baby aren't clear. To be safe, we recommend limiting it to this amount.
- Basic herbal teas (not medicinal teas), such as chamomile and mint are safe.



#### Avoid

- Medicinal teas, like echinacea, Sleepy Time, or anything marketed to treat colds or flu—we don't know how these affect your baby.
- Alcohol. **No level of alcohol has been proven safe during pregnancy.** It's safest to avoid alcohol entirely.

**If you're concerned about alcohol you drank before you knew you were pregnant or you think you need help to stop drinking, talk to your midwife.**

# Fruits and vegetables

## Enjoy

- Plenty of fruits and vegetables!
- To get rid of any harmful bacteria, thoroughly wash all raw fruits and vegetables.

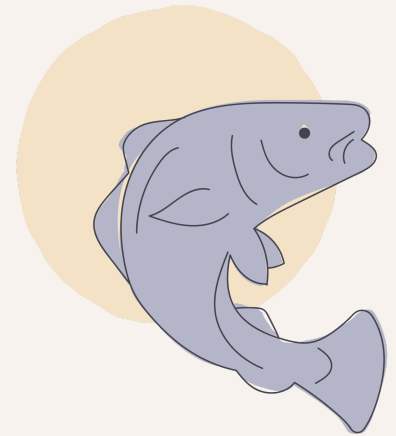


## Avoid

- Raw sprouts of any kind -including alfalfa, clover, radish and mung bean-which also might contain unsafe levels of bacteria. Instead, cook sprouts thoroughly.

# Seafood

Seafood can be a good source of protein in your diet. However, some fish and shellfish contain potentially dangerous levels of mercury. If undercooked, they can contain parasites and bacteria.



## Enjoy

- Enjoy anchovies, catfish, cod, herring, light canned albacore tuna (< 6 oz/week), Pacific oysters, pollock, salmon, sardines, shad, shrimp, tilapia, trout.
- Well-cooked seafood is safe. Cook fish to an internal temperature of 145° F (63° C). Fish is done when it separates into flakes and appears/ non-transparent.
- Cook shrimp, lobster and scallops until they're milky white.
- Cook clams, mussels and oysters until their shells open. Discard any that don't open.
- Canned seafood is safe.

## Avoid

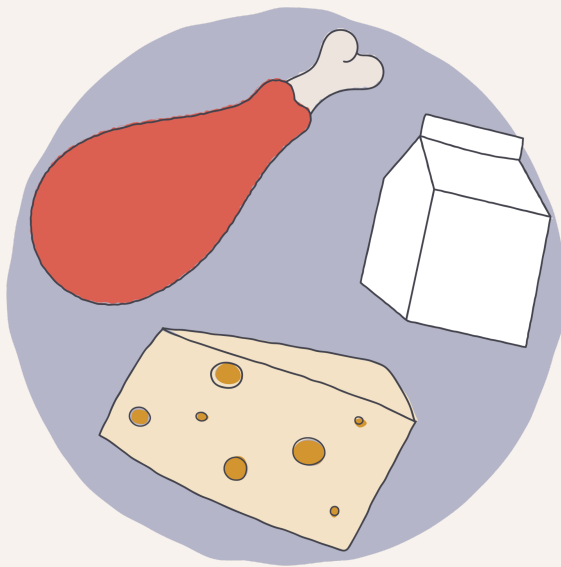
- Avoid bigeye tuna, king mackerel, marlin, orange roughy, shark, swordfish, tilefish
- Avoid any raw fish and shellfish. Examples include sushi, sashimi, ceviche and raw oysters, scallops or clams.
- Avoid refrigerated, uncooked seafood. Examples include seafood labeled nova style, lox, kippered, smoked, or jerky. It's okay to eat smoked seafood if it's an ingredient in a casserole or other cooked dish.

## Meat, poultry, eggs, and dairy

During pregnancy, you're at increased risk of bacterial food poisoning. Your reaction might be more severe than if you weren't pregnant. Rarely, food poisoning affects the baby, too.

### Enjoy

- Make sure that meat and poultry are fully cooked. Use a meat thermometer to make sure
- Low-fat dairy products, such as skim milk, mozzarella cheese and cottage cheese.



### Avoid

- Avoid refrigerated pates and meat spreads. However, canned versions are okay.
- Hot dogs and luncheon meats can be sources of a rare but potentially serious foodborne illness called listeria infection. If you must consume, cook very well.
- Raw eggs and foods made with uncooked eggs, such as eggnog, raw batter for cookies or breads, hollandaise sauce, and Caesar salad dressing. Harmful bacteria can contaminate raw eggs. Cook egg yolks and whites until firm.
- Anything with unpasteurized milk is not safe. These products could lead to food poisoning. Also, avoid drinking unpasteurized juice.
- Soft cheeses, such as brie, feta, and blue cheese (unless they are clearly labeled as being pasteurized or made with pasteurized milk) should be avoided.