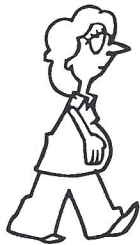


# Health Recommendations

compiled from the American College of Obstetricians and Gynecologists (ACOG)



In a committee opinion published in January 2002, ACOG recommended 30 minutes or more of moderate exercise a day most, if not all, days of the week for the healthy pregnant woman.

ACOG noted that regular exercise may help to prevent gestational diabetes.



“Moderate caffeine consumption doesn’t appear to cause miscarriage or preterm birth.”

ACOG News Release July 21, 2010.

“As long as pregnant women don’t have any obstetric or medical complications, they can follow the same precautions for air travel as the general population and fly safely.”

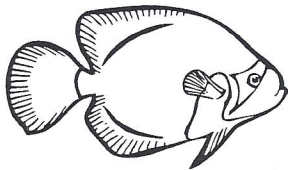
ACOG News Release Sept. 21, 2009



“Some substances once were thought to be harmful but now are considered safe during pregnancy. For instance, many women worry that using hair dye may be harmful to their babies. But hair dyes are believed to be safe to use during pregnancy.”

ACOG. 2005. *Your Pregnancy and Birth*.

“Fish and shellfish can be important parts of a healthy and balanced diet. They are both good sources of protein, omega-3 fatty acids, and other nutrients. However, certain kinds of fish should not be eaten at all during your pregnancy because they contain high levels of a form of mercury that can be harmful to the baby. These are the types of fish you should



avoid eating while you are pregnant (or breastfeeding): shark, swordfish, king mackerel, or tilefish.

Common types of fish that are low in mercury are shrimp, canned light tuna (not albacore, which has a higher mercury content), salmon, pollock, and catfish. You can safely eat up to 12 ounces (about two meals) of these fish per week while you’re pregnant.

ACOG. 2010. *Your Pregnancy and Childbirth*.



“Listeriosis is a serious infection caused by *Listeria* bacteria found in unpasteurized milk; soft cheeses made with unpasteurized milk such as feta and brie; hot dogs; luncheon meats; and smoked seafood. Listeriosis can cause fever and other flu-like symptoms, such as chills and aches. Even if the infection doesn’t make you seriously ill, it can have very serious effects on your developing baby. If it’s not treated right away, listeriosis can cause miscarriage and stillbirth. Pregnant women with listeriosis should be treated with antibiotics.” ACOG. 2010. *Your Pregnancy and Childbirth*.

## Induction for “Big Baby” Doubles Chance of Cesarean

“In women whose pregnancy is complicated by an abnormally large baby that weighs 10 pounds or more, the cesarean delivery rate was nearly double when labor was induced compared to vaginal deliveries with no intervention. Researchers... found no indication of improved perinatal outcomes with labor induction.”

ACOG News Release, Nov. 1, 2002

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