

# WHAT YOU NEED TO AVOID FOR A HEALTHY PREGNANCY.

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1

## EXCESSIVE CAFFEINE.

Artificial sweeteners and caffeine should be kept to a minimum, one 12 ounce cup of brewed coffee per day is safe in pregnancy.



2

## UNPASTEURIZED.

Avoid all together unpasteurized milk and cheeses, hot dogs and/or deli meat unless is heated until steaming.

3

## UNDER-COOKED.

Also avoid raw and under-cooked eggs, fish and meat.



4

## DRINKING ALCOHOL.

Avoid smoking and alcohol during pregnancy.

5

## FISH TO AVOID.

Due to high levels of mercury, the following list includes the fish choices you have to AVOID during pregnancy. King mackerel, Marlin, Orange roughy, Shark, Swordfish, Tile fish (gulf of Mexico), Tuna (big eye).

