PREGNANCY SAFETY LIST FOODS TO A VOID

DAIRY

Avoid soft cheeses including:
brie, feta, queso blanco, queso
fresco;
Avoid raw or undercooked
eggs and egg products,
eggnog, cookie dough, cake
batter

Avoid unpasteurized milks

MEATS

Avoid raw and undercooked meats (pork, beef, veal, liver, poultry, raw meat spreads, rare burgers;
Avoid processed meats (undercooked lunch/deli meats);
Be careful and limit hot dogs, store-made ham and chicken salads

SAFETY NOTES

RAW VEGGIES

Avoid raw or undercooked sprouts, alfalfa, clover, beans, radishes; Be careful with unwashed produce

FISH

Avoid raw or undercooked fish
or shellfish(sushi, oysters,
clams);
Avoid high-mercury fish
(shark, king mackerel, big eye
tuna)
Limit store-made tuna salad,

seafood salad

JUNK FOOD

Limit processed foods, foods with artificial sweeteners and fried foods

DRINKS

Avoid ALL alcohol; Avoid unpasteurized juices; Limit caffeine-intake (coffees, energy drinks etc.)

PREGNANCY SAFETY LIST CHEMICALS TO AVOID

BEAUTY

LIST INCLUDES TOXIC
CHEMICALS OR INGREDIENTS
FOUND IN CERTAIN MAKEUP, SKIN CARE & OTHER
BEAUTY PRODUCTS

Skin/Hair:

Retinoids

Tetracycline

Hydroquinone

Dihydroxyacetone

Phthalates

Formaldehyde

Salicyclic acid

Benzoyl Peroxide

Toluene

Ammonia

Thioglycolic acid

Parabens

Teeth Whitening:

Sodium Lauryl-Sulfate Carbamide Peroxide DFA

Perfumes/Deodorant:

Aluminum Zirconium

HOUSEHOLD

LIST INCLUDES TOXIC
CHEMICALS OR INGREDIENTS
FOUND IN HOUSEHOLD ITEMS
CLEANING PRODUCTS, SPRAYS
OR PLASTICS

Lead

Mercury

PCBS

Formaldehyde

Phthalates

Flame Retardants

Toluene

PFOA/PFOS

Asbestos

BPA

Helpful Tips:

- Use glass, stainless steel or BPA-free plastics
- Keep home well ventilated while cleaning, painting and inhaling strong chemicals
- Test water and home to ensure lead-free
- Go organic if possible

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PREGNANCY SAFETY LIST ACTIVITIES TO AVOID

SAFETY NOTES

IST TRIMESTER

Avoid heavy lifting; Limit moderate lifting
Avoid contact sports or high-impact exercises
Avoid stilettos; Try comfortable shoes to avoid slips/falls
Avoid kitty litter; Avoid hot yoga, saunas/hot tubs
Avoid alcohol; Limit caffeine & prescription medicines
Avoid smoking/second-hand smoking.

2ND TRIMESTER

Same as Trimester 1 AND...

Limit lying on your back for extended periods

Limit risking dehydration

Limit OTC cold/headache meds (Tylenol)

3RD TRIMESTER

Same as Trimester 1 & 2 AND...

Limit travel

Limit heavy exercise and tiring chores
Limit sitting for extended time
Limit sex if painful/uncomfortable

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