Nutrition for Preconception and Pregnancy

- Maintain a healthy body weight
- Folate daily (400ug / day) dark greens, beans, wheat germ, cereals, avocado
- Avoid excessive Vitamin A (UL is 2800ug / day) in supplements
- Consider taking a daily multi-vitamin or pre-natal vitamin supplement
- Adequate iron to prevent anemia
- Avoid high levels of lead and mercury in some fish
- No alcohol intake is safe
- Avoid cigarette smoke and smoking
- Avoid medications, unless approved by health care provider;

Avoid Toxins
Certain bacteria can produce toxins like Listeria Monocytogenes: Avoid raw fish or shellfish, oysters, soft cheeses, raw meat, un-pastuerized milk or juices, uncooked lunch and deli meats, sprouts of all kinds

Parasites: Toxoplasmosis: Toxoplasma gondii in cat feces. This parasite can be passed to an unborn baby. Have someone else change cat litter; wear gloves when working in the garden; also found in raw and undercooked meats, unwashed fruits / vegetables.

Avoid Heavy metal content:
Avoid eating large predatory fish. Avoid: shark, tile fish, king mackerel, and swordfish. Limit consumption of tuna steaks, canned albacore or white tuna, bass, orange roughy to 6 oz. per week.

Avoid Pesticides: choose organic produce when possible, especially the “Dirty Dozen”
http://www.ewg.org/foodnews/summary/

Avoid Endocrine Disrupters such as BPA: bisphenol A is a compound used in some plastics such as food containers, water bottles, baby bottles and the lining of canned foods. Animal research indicates it may be harmful to fetuses, infants and children.

Avoid Food Preservatives BHT and BHA

Coffee and Teas
Black tea and coffee okay in moderation (< 4 eight oz. cups/day).

Avoid herbal teas with anise, comfrey, dandelion leaf, gingko, juniper, ginseng, kava, licorice. Green tea may decrease action of folate. Teas that appear safe: Peppermint, ginger, chamomile

Medications
Even OTC drugs can have an effect on fetal development; check with Health Care Provider

Safe OTC drug – acetaminophen or Tylenol within recommended dosage