

GOOD NUTRITION GUIDELINES DURING PREGNANCY:

- Attempt to eat a well balanced diet. Do not over eat sweets or carbohydrates such as white rice, pasta, or breads. Small frequent meals with balanced protein, fat, and carbohydrates will keep blood sugar levels stable.
- Lemon drops and ginger can also help with nausea
- Do not eat grouper, swordfish, shark, mackerel, or tilefish
- No more than 12 oz of fish such as salmon, catfish, tuna (canned or fresh), and shrimp are recommended per week
- Stay away from processed lunch meats and hot dogs unless heated
- Avoid sushi