

# Health Recommendations

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



In a committee opinion published in December 2015, ACOG recommended at least 20-30 minutes of moderate exercise a day most or all days of the week for the healthy pregnant woman. ACOG noted that regular exercise may help to prevent gestational diabetes.

ACOG Committee Opinion # 650, 2015.



“Moderate caffeine consumption (less than 200 mg per day) does not appear to be a major contributing factor in miscarriage or preterm birth.”

ACOG Committee Opinion #462, 2010, reaffirmed 2015.



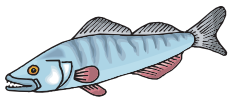
“Occasional air travel during pregnancy is generally safe. Recent cohort studies suggest no increase in adverse pregnancy outcomes for occasional air travelers. Most commercial airlines allow pregnant women to fly up to 36 weeks of gestation.”

ACOG. 2018. Committee Opinion #746.



“Studies on animals indicate that high doses (100 times the amount that humans would use) of these chemicals [in hair dyes] do not cause serious birth defects...Most experts conclude that using hair dye during pregnancy is not a cause for concern.”

ACOG. 2015. *Your Pregnancy and Childbirth*.



“Although research still is being conducted to learn more about its effects, some studies suggest that DHA plays a role in the development of the brain before and after the baby is born....Fish and shellfish are great sources of DHA, and pregnant women are advised to eat at least 8 ounces and up to 12 ounces of fish a week. Choose fish that contain low amounts of mercury, such as shrimp, salmon, and halibut, and avoid tilefish, shark, swordfish, and king mackerel, which contain the highest levels of mercury.

ACOG. 2015. *Your Pregnancy and Childbirth*.



“Listeriosis is a serious infection caused by *Listeria* bacteria found in unpasteurized (raw) milk; soft cheeses made with unpasteurized milk such as queso, 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. Babies can become infected during passage through the birth canal during delivery. Pregnant women with listeriosis should be treated with antibiotics.

ACOG. 2015. *Your Pregnancy and Childbirth*.



This recommendation was published in a March 2018 article authored by Dr. Nathan Fox (see previous page, “Dos and don’ts in pregnancy”) that appeared in ACOG’s journal, *Obstetrics & Gynecology*.

“In line with current recommendations, pregnant women should generally avoid undercooked fish. However, sushi that was prepared in a clean and reputable establishment is unlikely to pose a risk to the pregnancy.”

Fox, N. 2018. *Obstetrics & Gynecology*