

Health Recommendations from ACOG

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



In a committee opinion published in April 2020, ACOG recommends that healthy women aim for moderate-intensity exercise for at least 20 to 30 minutes per day on most or all days of the week.

ACOG notes that regular exercise may help to increase the likelihood of vaginal birth and reduce pregnancy and birth complications.

ACOG Committee Opinion # 804, 2020.



“Most experts believe that consuming less than 200 mg of caffeine a day during pregnancy is safe. That’s the amount in one 12-ounce cup of coffee.”

ACOG. 2021. *Your Pregnancy and Childbirth*.



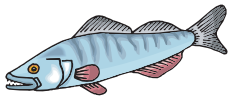
“For healthy pregnant women, occasional air travel is almost always safe. Most domestic airlines allow pregnant women to fly domestically until about 36 weeks of pregnancy. If you are planning an international flight, the cut-off for traveling may be earlier. Check with your airlines.”

ACOG. 2021. *Your Pregnancy and Childbirth*.



“Most experts think that using hair dye during pregnancy is not toxic for your baby. There are different types of hair coloring, including permanent color, semipermanent color, and temporary color. These all contain chemicals. Studies on animals show that high doses of these chemicals from hair dye do not cause serious birth defects. Also, only a small amount of chemicals from hair dyes is absorbed through the scalp.”

ACOG. 2021. *Your Pregnancy and Childbirth*.



“Fish and shellfish are excellent sources of omega- fatty acids. Three of these fatty acids — are considered “essential,” meaning you can get them only through your diet. But there are some types of fish you should never eat while you are trying to get pregnant, when you are pregnant, and when you are breastfeeding. These fish have too much mercury, which has been linked to birth defects. These fish include bigeye tuna, king mackerel, marlin, orange roughy, shark, swordfish, and tilefish.”

ACOG. 2021. *Your Pregnancy and Childbirth*.



“Listeriosis is a serious infection caused by Listeria bacteria. Listeria can be found in unpasteurized (raw) milk; soft cheeses made with unpasteurized milk, such as queso, feta, and Brie; hot dogs; luncheon meats; and smoked seafood. Pregnant women are 13 times more likely to get listeriosis than other people. Listeriosis can cause mild, flu-like symptoms such as fever, muscle aches, and diarrhea, but it also may not cause any symptoms at all. But if it’s not treated right away, listeriosis can lead to serious complications for your baby, including miscarriage, stillbirth, and preterm birth. Babies can get infected during passage through the birth canal during delivery.”

ACOG. 2021. *Your Pregnancy and Childbirth*.



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Although this recommendation is not an official ACOG recommendation, it did appear in a “Clinical Expert Series,” published in the ACOG journal, *Obstetrics & Gynecology*. (See Fox reference about half way down on the previous page.)

“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*

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“Eat only cooked sushi or vegetable sushi during your pregnancy. Avoid all raw or seared fish when you are pregnant.”

ACOG. 2021. *Your Pregnancy and Childbirth*.