A HEALTHY, WELL-BALANCED DIET CAN HELP REDUCE SOME PREGNANCY SYMPTOMS, LIKE NAUSEA AND CONSTIPATION

AVOID SEAFOOD THAT CAN BE HIGH IN MERCURY SUCH AS SHARK, SWORDFISH, AND TUNA

IF YOU'RE FEELING SICK, TRY EATING DRY TOAST, DRY CEREAL, OR CRACKERS

EAT 8 TO 12 OUNCES OF SHELLFISH AND LOW-MERCURY FISH EACH WEEK

IF YOU WERE AT A HEALTHY WEIGHT BEFORE PREGNANCY, YOU SHOULD GAIN ABOUT 25 TO 30 POUNDS

FOLIC ACID IS THE MOST HELPFUL DURING THE FIRST 28 DAYS AFTER CONCEPTION

"EATING FOR TWO" DOESN'T MEAN EATING TWICE AS MUCH. IT MEANS THAT THE FOODS YOU EAT ARE THE MAIN SOURCE OF NUTRIENTS FOR YOUR BABY

ALL WOMEN OF CHILDBEARING AGE SHOULD CONSUME 400 MICROGRAMS (0.4 MG) OF FOLIC ACID EACH DAY

REVIEW COPY