



Dunwoody Obstetrics & Gynecology, PC

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Our Business is Caring

DIET

- Drink 8-10 eight ounce glasses of water
- 1500 mg of Calcium.
 - 8-10 glasses of milk
 - Yogurt, Cottage Cheese, or dairy products made with pasteurized milk
- Lots of fresh fruits and vegetables
- Increase your fiber
 - Apples
 - Raisin Bran
 - Raw Vegetables
- 8 oz. of protein daily
 - Chicken
 - Turkey
 - Beef
 - Fish—limit it to 12 oz per week. Must be cooked.
 - Salmon
 - Catfish
 - Pollack
 - Shrimp
- Daily Pre-Natal Vitamin
 - Take two hours after a meal
 - Take with water or 100% fruit juice
 - Do not take with milk

EXERCISE

- Exercise for 20 minutes three times per week
 - Brisk walking
 - Jogging (if previous jogger)
 - Low-Impact Aerobics
- Standing Pelvic Tilts
 - No abdominal floor exercise after first trimester
- Seated belly breathing
- Swimming
- Keep your heart rate below 140.

THINGS TO AVOID

- Smoking**
- Game Fish**
 - **Swordfish**
 - **Shark**
 - **Tilefish**
- Sushi—w/raw fish**
 - **California rolls** permissible
- Alcoholic Beverages**
 - **This includes wine**