



Pregnancy

HEALTH GUIDE

CONGRATULATIONS! YOU'RE EXPECTING! INCORPORATE SOME OF THESE TIPS SO YOU AND YOUR BABY CAN STAY AS HEALTHY AS POSSIBLE DURING THE 40 WEEKS OF A TYPICAL PREGNANCY.

WHAT TO DRINK



0 OUNCES

The amount of alcohol it's safe to drink when pregnant is zero. Avoid alcohol.



80 OUNCES

The amount of water or other fluids you should drink daily.



200 MG

The amount of caffeine that's safe to drink daily.

200 MG OF CAFFEINE IS ABOUT A 12-OUNCE CUP OF BREWED COFFEE, THREE 12-OUNCE CUPS OF BLACK TEA OR NEARLY SIX 12-OUNCE COLAS.



WHAT (AND WHAT NOT) TO EAT



300 CALORIES

The amount of extra calories you should eat each day.

6 OUNCES

The amount of tuna you can safely eat per week.



AVOID FISH KNOWN TO CONTAIN HIGH LEVELS OF MERCURY, SUCH AS SWORDFISH, SHARK AND MACKEREL, AS WELL AS ANY VARIETY OF RAW FISH.



5-6 SMALL MEALS

The number of small meals you should eat daily, rather than the typical three large meals.



8-12 OUNCES

The amount of salmon recommended that you eat each week.



HOW MUCH TO MOVE



30 MINUTES

The amount of aerobic exercise you should aim for daily, but **listen to your body — don't overdo it.**



HOW TO TRAVEL



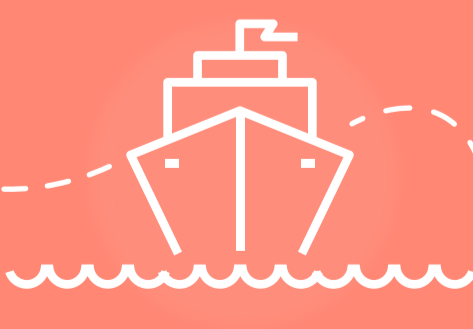
2 HOURS

The longest you should drive in one stretch.



6 HOURS

The longest you should drive in a day.



24 WEEKS GESTATION

Once you reach the sixth month of pregnancy, most cruise ships won't let you board.



36 WEEKS GESTATION

Once you reach your ninth month of pregnancy, most airlines won't allow you to board.