

# Pregnancy Health & Breastfeeding Resources

Go to [PascoGoHealthy.net](https://PascoGoHealthy.net) and search for:  
**HEALTHY BEGINNINGS**



If you need additional nutrition or exercise information and support for pregnancy ask your provider about a referral to the **Nutrition and/or Exercise For Life Vital Investment Programs** (must receive exercise clearance to participate)

Services Provided By



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## HEALTHY ADDITION® PRENATAL PROGRAM *Free for Moms-To-Be*

As a member of Healthy Addition, you will receive the following to encourage good health practices during pregnancy:

- Pregnancy risk screening and monitoring
- Education on healthy lifestyle, nutrition and adequate hydration
- Prenatal education and information
- Emotional support and answers to questions and concerns



Florida Blue

Contact us today to find out more  
Email: [healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com)  
Call: 1-800-955-7635, Option 6  
Monday–Friday 8:00AM–5:30PM EST

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# Prenatal Healthy Tips

HEALTHY BEGINNINGS



# Congratulations, you're pregnant!

Pregnancy is an exciting time, but it can also be stressful. Here's some helpful tips to keep in mind.



## ACCORDING TO THE MAYO CLINIC YOU SHOULD AVOID EATING:

- Undercooked meat, poultry and eggs
  - Unpasteurized foods
- Unwashed fruits and vegetables
  - Excess caffeine
    - Herbal tea
    - Alcohol
- Seafood high in mercury:
  - Bigeye tuna
  - King mackerel
  - Marlin
  - Swordfish
- Avoid raw, undercooked or contaminated seafood:
  - Sushi
  - Ceviche
- Seafood labeled nova style, lox, kippered, smoked or jerky

## FOCUS ON THESE ESSENTIAL NUTRIENTS:

- *Folate & folic acid*; to prevent birth defects
  - *Calcium*; to strengthen bones
  - *Vitamin D*; to promote bone strength
    - *Protein*; to promote growth
- *Iron*; to prevent iron deficiency anemia

*For any type of supplements ask your health care provider.*



## CHANGES TO EXPECT:

- Frequent urination
  - Backache
  - Nausea/vomiting
  - Heartburn
- Mouth and tooth changes
- Lower-abdominal pain

## IS IT SAFE TO TAKE ASPIRIN DURING PREGNANCY?

Generally, aspirin isn't recommended during pregnancy unless you have certain medical conditions.

## IS IT SAFE TO TAKE TAKE ANTIBIOTICS DURING PREGNANCY?

Some antibiotics are OK to take during pregnancy, while others are not. Consult your health care provider.

## ANTIDEPRESSANTS: SAFE DURING PREGNANCY?

Taking medications during pregnancy can have risks and benefits. Consult your health care provider.

## STAY ACTIVE DURING PREGNANCY?

Studies show that physical activity during the first trimester is safe for the baby. In fact, being inactive can actually increase your risk of developing health problems. Talk with your health care provider about what may work best for you about being active during your pregnancy.