

First Trimester Information

The guidelines below are designed to help guide you through the first three months of your pregnancy. You are welcome to ask your provider for more information at the time of your routine visits or by phone.

Nutrition and Diet:

Most expectant mothers (and their families!) worry a lot about diet and weight gain. Although you should be careful to eat properly, a well-balanced diet and a few supplements are all that you and your baby need. You should try to eat daily servings of fruits and vegetables, bread and cereal, milk/milk products and meat/poultry/fish/eggs. In addition to these, a prenatal vitamin daily is recommended. You should try to avoid excessive fats or sweets. Following these guidelines, a person who starts at a normal weight should gain between 20-30 pounds. If you are overweight, you should try to restrict your weight to approximately 15 pounds and underweight patients may gain 30 to 35 pounds.

We suggest that you avoid uncooked meat and fish because of the risk of acquiring certain infections that are potentially harmful to you and your baby. Also, we recommend that you avoid unpasteurized cheese for it can give you a bacterial infection that can harm your baby. Recently, the FDA has become concerned with the amount of mercury in certain fish. They have recommended that pregnant women NOT eat shark, swordfish, king mackerel or tile fish. For more information call 1-888-SAFEFOOD or visit www.cfsan.fda.gov.

Nausea and Vomiting

The majority of women experience at least some degree of nausea during early pregnancy. One of the most helpful hints is to try to eat small, frequent meals. Small snacks or crackers can be helpful in between meals and early in the morning. You should avoid greasy or spicy foods. If you have frequent vomiting, try to keep liquids down. Fluids that are easier to keep down are Gatorade, ginger ale, and 7 up. If you have severe vomiting or are unable to tolerate fluids, you should call us for advice.

Activity and Exercise

Most patients are able to maintain their normal activity and employment during pregnancy. Special precautions will be discussed with patients with certain symptoms or conditions. However, normal pregnant women should be able to work until delivery (if your job is extremely physically or mentally strenuous please discuss it with us). We encourage you to remain active and exercise. If possible, you may want to take a prenatal exercise class. However, if you experience significant abdominal discomfort, light-headedness, or you feel faint, you should stop immediately and discuss it with us. There is no need to restrict sexual intercourse unless you experience bleeding or unusual discomfort.