

HERE'S TO HEALTH



MY BEST PREGNANCY

high-risk pregnancy program



STEPS FOR A HEALTHY BABY

Take a prenatal vitamin daily.

Find one with at least 400 micrograms of folic acid.

Abstain from drinking alcohol and smoking.

If you need help quitting, talk to your doctor.

Make an appointment with your dentist.

Dental appointments are safe and important during pregnancy.

Limit your caffeine intake.

Consume a cup or less of coffee or soda a day.

Use caution with medications and supplements.

Herbal supplements are not always safe. Tell your doctor about any prescription, over-the-counter medicine, or supplement you take.

Avoid milk products that are not pasteurized.

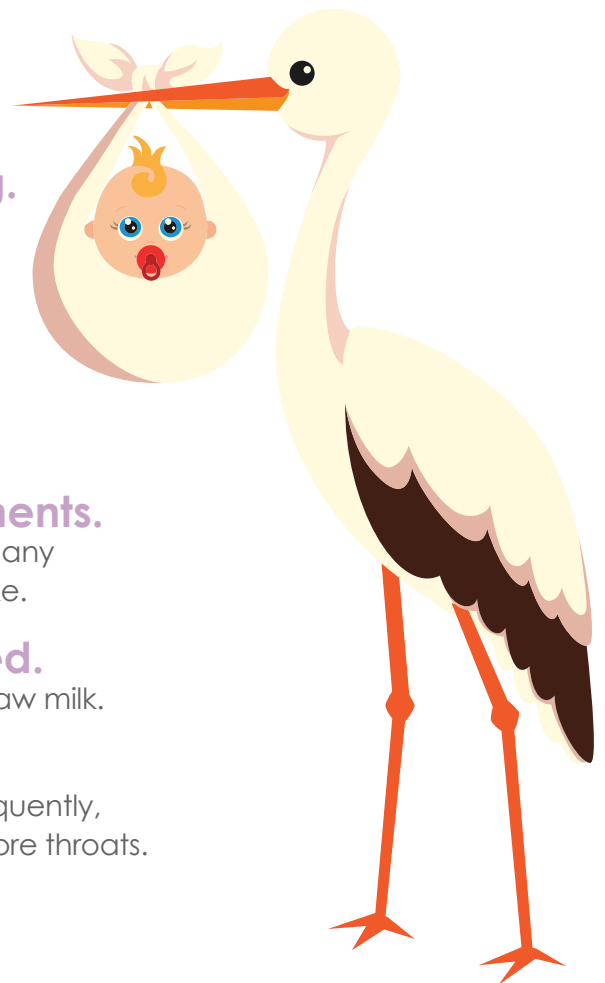
This includes soft cheeses like queso fresco, feta, and brie and raw milk.

Practice good hygiene to avoid illness.

Do not share utensils or food with children, wash your hands frequently, and avoid people who are sick with fevers, rashes, coughs, or sore throats.

Do not eat raw fish, chicken, or beef.

Limit meals with fish to two servings per week.



The My Best Pregnancy program is designed to provide additional support and assistance for participants diagnosed with a high-risk pregnancy.

Enroll online at [teachershealthtrust.org](https://www.teachershealthtrust.org)!