

There are not many hard and fast rules when it comes to things that you should not do while you are pregnant - except for drugs and alcohol, of course.

For the most part, you can still continue with your everyday activities as usual. You only need to make some minor lifestyle changes along with the pregnancies.

a) Avoid from eating

- raw meat and shellfish
- deli meat
- fish with high levels of mercury (shark, king mackerel, swordfish and tile fish)
- smoked seafood
- raw egg
- soft cheeses
- unpasteurized dairy

It may seem extensive, but there are still plenty of great nutrition choices during your pregnancy.

IT IS IMPORTANT to always eat a balanced diet especially for pregnant mothers.

Try to incorporate these nutrients in your daily meal plans :-

- lean proteins
- healthy fats
- lots of fresh vegetables and fruits
- water

b) Don't paint the nursery

- paint fumes may put unborn baby at risk from exposure to chemicals.

c) Don't overdo it on caffeine

Limit to 150 - 300mg

d) Don't take certain medication/supplements

- Consult your doctor before taking any medication or supplements.

e) Don't wear stilettos (high heels)

- As your baby and belly is growing, your center of gravity will change. This will lead to swollen ankles. Thus, you should avoid high heels, go for 3-inches heels or lesser.

f) Don't hang out in the hot tub or sauna

- Instead of a hot tub or sauna, take a warm bath if you are feeling aches and pains during pregnancy.

g) Avoid exposure to Secondhand Smoke

Smoking is terrible for you and your baby, but secondhand smoke can be nearly as bad.

Exposure to secondhand smoke during pregnancy can lead to :-

- miscarriage
- premature delivery
- low birth weight
- learning or behavioral issues as your baby grows
- sudden infant death syndrome

h) Don't drink

Alcohol passes quickly from your bloodstream through the placenta and umbilical cord to your baby.

Other potential risks includes :-

- premature birth
- fetal alcohol spectrum disorders
- brain damage
- birth defects
- miscarriage
- stillbirth

i) Don't sit or stand for too long

Take short breaks frequently to move around if you've been seated, or to put your legs up if you've been on your feet.

j) Don't believe everything you read

You may find all sorts of information online, in magazines, books and others. Don't simply trust everything that you read. Consult your doctor if you are in doubt of anything.