



What's Safe to Eat

We've made a simple list of what to chow down on—and what to ditch—so you can have a healthy pregnancy.

By Beth Coulart

When I was pregnant with my son, Henry, I was hungrier than I'd ever been. But I couldn't just devour anything I wanted—eating now came with hefty responsibility. I began worrying about mercury contamination and what kinds of seafood I could safely eat. And some cheese can cause foodborne illness, but which kinds? Talking with other pregnant women, I realized that almost all feel overwhelmed by

food restrictions. Luckily, it turns out that pregnant women can avoid the foods riskiest to them with only a few easy diet changes.

BRIE, CHEDDAR, AND FETA, OH MY!

Many women think they have to swear off all soft cheeses during pregnancy. But that's not the case. You can have almost anything that says "pasteurized" on the label. Pasteurization is the process of

Dr. James J. McKenna

Mother/Baby Behavioral Sleep Laboratory
University of Notre Dame



answers your questions about co-sleeping

Q: What constitutes a "safe" sleep environment for an infant?

A: I generally believe that infants in the first year of life should sleep close to their parents at least sleeping in the parents' room owing to the extreme neurological immaturity (25% of adult brain volume) at birth. Infants always sleep most safely in the context of (and under the supervision of) a committed, sober adult caregiver who is in a position to respond to infant needs, crises, nutritional needs and to exchange sensory signals and stimuli.

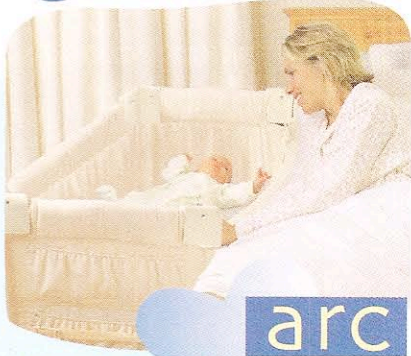
Q: I've been told that if my baby sleeps in my bedroom she will never go to her own room. Does co-sleeping mean co-dependency?

A: All infants eventually learn to sleep alone and follow the patterns of their families. This not a skill that requires teaching. It is an inevitable skill. It's a matter of timing. Fear that children will never learn to sleep alone is a common misconception.

Q: My sister's baby died of SIDS when he was just 3 months of age. This has made me fearful as what's best to do for my first new baby when he/she arrives. What has your experience taught you in this regard?

A: Stop smoking, breastfeeding, laying your baby on its back and sleeping next to your baby on a different surface are, in my mind, the most important ways to help protect your baby from SIDS.

Arm's Reach®
Co-Sleeper®
bassinets



arc
Arm's Reach Concepts™

Full selection of styles, sizes, and designs
and send your questions to Dr. McKenna
at armsreach.com

© 2010 Arm's Reach Concepts, Inc. All rights reserved. ARM'S REACH CO-SLEEPER, Mother & Child Logo and all other trademarks are rigorously protected.

mom | NUTRITION

heating up milk to kill the bacteria that could cause food-borne illness—a concern for pregnant women, who have weakened immunity.

Strict federal and state regulations make raw cheeses relatively uncommon. In general, they're sold in farmers' markets and locally from small companies. On the other hand, most cheeses available at reputable grocery stores have been tested for safety, says Kathryn L. Kotula, Ph.D., a spokeswoman for the Institute of Food Technologists. Kotula also recommends avoiding cheeses with visible mold, such as blue cheese, Brie, and Camembert; the mold is added after pasteurization, which poses a potential risk.

EATING OUT? Ask your server to check cheese labels for you. If you're feeling shy, order a dish made with melted cheese, such as a pizza or a grilled cheese sandwich—heating cheese until it bubbles kills bacteria. In Mexican restaurants, avoid *queso blanco* and *queso fresco*, cheeses that tend to be homemade and unpasteurized.

DELI MEAT NO MORE

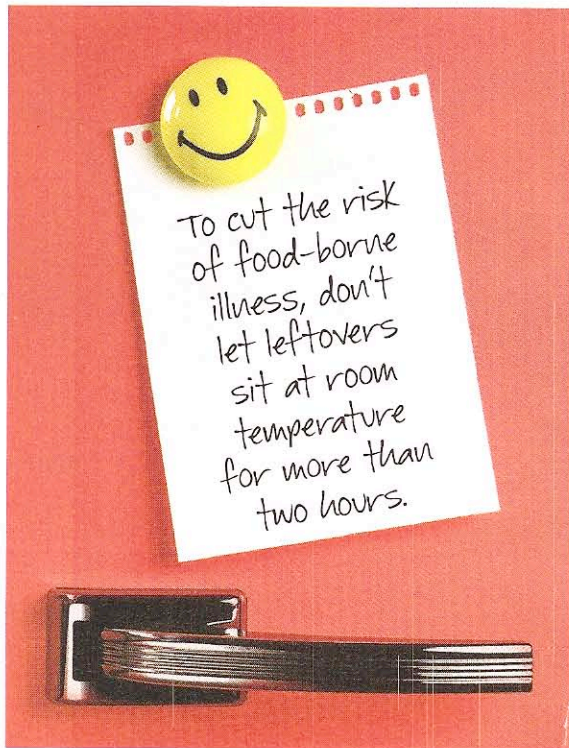
When you're pregnant, your protein needs go up by about 50 percent. So it makes sense to think of protein-rich deli meat as a good, easy-to-prepare source.

AFTER AN "OOPS!"

When Laura Wells was pregnant with her first baby, she had no idea. "He was my honeymoon surprise," says the Austin, Texas, mom. Once home, she and her new husband drank many celebration-size margaritas at their favorite Mexican restaurant. The next week, she learned she was pregnant. "I was a little

freaked out," she says. "There were lots of margaritas!" But, after nine months of worrying, Wells gave birth to a healthy boy. If you drank half a glass of punch before realizing it was spiked, mistook a tuna roll for a cucumber one, or ate a rare hamburger before you knew better, try not to worry. More important than sweating

past mistakes is focusing on good pregnancy practices that can add up to advantages for both mom and baby, says Harvard Medical School professor Emily Oken, M.D. "Like, don't smoke," she says. "Don't gain too much weight during pregnancy. Exercise. Eat lots of healthy foods. Wear your seat belt."



But hold on a sec. Whether it's prepackaged or sliced to order, deli meat (including hot dogs) can contain bacteria that cause illness. Try this fix to kill any potential bacteria: Warm up meat, such as sliced turkey or a hot dog, until it's steaming. If you use a microwave, let the food sit for a few minutes before eating so the heat can evenly distribute. Microwaves tend to cook unevenly, so test the meat in a few spots, using a food thermometer, which should read at least 165° Fahrenheit.

Of course, heating isn't always an option, especially if there's no microwave at work to sizzle up your

ISTOCKPHOTO

“Palmer’s works. I’m the proof.”

As an actress and model, I need my skin to look beautiful at all times. That’s why I use Palmer’s Cocoa Butter Formula.

Angie Everhart
ANGIE EVERHART

Palmer’s Cocoa Butter Formula helps improve the appearance of stretch marks.

Palmer’s Cocoa Butter Formula Massage Cream and Lotion for Stretch Marks contain a unique blend of pure Cocoa Butter, Vitamin E, Collagen, Elastin and rich emollients that helps improve the appearance of stretch marks. Also try Palmer’s Tummy Butter for Stretch Marks with soothing and calming lavender oil.

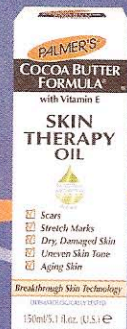
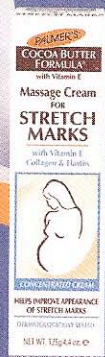
brown-bagged lunch. And some pregnant women are turned off by warm deli meat. Sarah Hickman, who used to be a Subway regular, sure was. “I was advised to nuke deli meat for 30 seconds or so,” says the mom of a 2-month-old in Fort Wayne, Indiana. “Yucko!” Now is a good time to experiment with different lunch combos. Try a hearty salad with chicken breast, avocado, olive oil, and roasted veggies. Or fill a pita with tempeh, sautéed vegetables, and hummus.

When you’re cooking any meat, be careful about temperatures. Stick the tip of a food thermometer into the thickest part of the meat, not touching a bone or fat. Cook beef, pork, and lamb to 165° F, and aim for a temp of 170° F for chicken and other poultry. If you’re reheating leftovers, make sure the food cooks to at least 165° F.

■ **EATING OUT?** At the hoagie shop, order heated sandwiches—and make sure they’re piping hot. Ditto for a hot dog from a street vendor or at a baseball game; look for rising steam. At a sit-down restaurant, say the magic words: “well done.”

THE FISHY DETAILS

Celine Windwillow says her husband was “a drill sergeant” about her diet when she was expecting son Grayson, now 2. In particular, they were careful about her seafood intake. “I didn’t eat very much fish,” says the mom in Cedar Park, Texas. When she did, she stuck to low-mercury shrimp or scallops. Like Windwillow, many pregnant women worry about mercury contamination because all seafood contains at least a little bit of the toxic metal. When a pregnant woman eats fish, mercury travels through the placenta to baby; in high doses, this can harm a developing nervous system. Also, some fish is contaminated with PCBs, man-made chemicals that cause cancer and that have been either



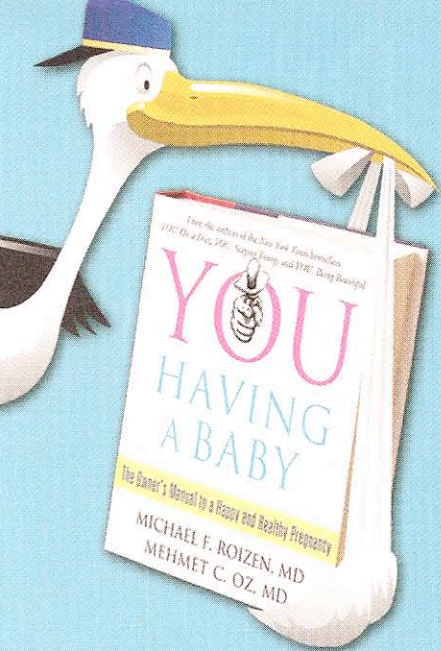
PALMER'S
COCOA BUTTER FORMULA

with Vitamin E

Perfect formula.
Extraordinary results.™

www.palmers.com

© 2010 E.T. Browne Drug Co., Inc. All Rights Reserved.



Don't be a bundle of nerves about your bundle of joy.

YOU: Having a Baby is a new style of book about pregnancy packed with helpful information and filled with reassuring answers to all your pregnancy questions—delivered in one book by America's doctors.

It's the only book you need now that you're reading for two!

Workout DVD also available.

Available as an audiobook and an eBook.

FP FREE PRESS
A Division of Simon & Schuster
A CBS COMPANY

ENTER FOR A CHANCE TO WIN

a free copy of **YOU: Having a Baby** and a **\$250 GIFT CERTIFICATE** to **buybuy BABY**

No purchase necessary. Void where prohibited. Ends 12/31/10. Open to legal residents of the U.S.

Visit www.youhavingababy.com for details!

improperly disposed of or released into the environment.

On the flip side, many fish are rich sources of the omega-3 fatty acids DHA and EPA, which are good for a developing child's brain and eyes. In fact, these types of omega-3s are only found naturally in fish, fish oils, and some algae. Emily Oken, M.D., a professor at Harvard Medical School, has studied this topic extensively; she found that kids of moms who ate two servings of fish a week during pregnancy scored higher on vocabulary usage and visual-motor function at age 3.

So what to do? Experts suggest eating fish in moderation, sticking to 12 ounces total per week. Large, predatory fish contain the highest mercury concentrations. Avoid these four types: king mackerel, shark, swordfish, and tilefish. (Memorize these or carry a list in your wallet.) Tuna is in the moderate mercury range, so if you eat it, do so infrequently; canned light tuna is safer than white albacore. Some safe bets: anchovies, pollack, wild salmon, scallops, and shrimp. To find out the mercury risk from eating specific fish, visit gotmercury.org or howmuchfish.com; you'll learn if it contains low, moderate, or high levels of mercury. As for PCB, stay away from eel, shad, and white croaker, which are highly contaminated. To avoid potential food-borne illness, cook fish to an internal temperature of 160° F. Also, to lower PCB levels, remove skin and fat.

■ **EATING OUT?** Raw sushi is another thing to cross off your food list for the next nine months. Uncooked fish contains harmful bacteria that can lead to severe gastrointestinal illness. Christi Brogan, of Boerne, Texas, says she got around her sushi craving by opting for cooked versions. "While not as delicious as the raw versions, these are still pretty good," she says. Another way to get the chopsticks experience without the worry: Order vegetarian sushi, such as avocado and cucumber rolls.

KICK THOSE DRINKING HABITS

Ask any mom what she craved most during pregnancy, and she's likely to mention caffeine. "I missed it so much," says Nevida Ebrahimi, of Waldorf, Maryland. "The only thing that kept me going was my fiancé's promise to buy me all the espresso and cappuccino machines I wanted."

Experts say it's okay to have a daily cup of joe (so long as you're ordering a tall, not a venti) or a few sodas or caffeinated black teas. Any more than that poses a risk. A 2008 study found a twofold increase in miscarriages among pregnant women drinking 200 milligrams or more daily—the equivalent of two regular-size cups of coffee or five 12-ounce sodas.

When it comes to tea, use caution with almost anything but black and white types. Herbal teas are largely untested, and some are thought to bring on side effects (such as premature labor) during pregnancy. And green tea, in addition to having a moderate amount of caffeine, may interfere with an enzyme involved with the absorption of folic acid. This could potentially contribute to the development of neural tube defects.

As for happy hour, play it safe and skip the martinis. Experts still aren't sure if *any* minimum amount is safe, so the official word on alcohol is still a resounding "no" from both the U.S. Surgeon General and the American Academy of Pediatrics. Blend sparkling water and pomegranate juice (or orange or apple), which was Jessica Ridenour's favorite drink during pregnancy, and pour it into a fancy glass. The Long Beach, California, mom used to relax with a glass of wine, but this substitute "gave me the feel of having that special treat."

■ **EATING OUT?** Don't spruce up your drink with a lemon wedge. Research shows that these are likely to contain harmful bacteria. [ab](#)

LOG ON! Test your pregnancy nutrition IQ: Visit americanbaby.com/nutritionquiz