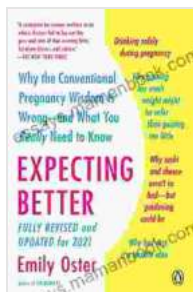


Why The Conventional Pregnancy Wisdom Is Wrong And What You Really Need To Know



Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know (The ParentData Series Book 1) by Emily Oster

★★★★☆ 4.7 out of 5



For decades, pregnant women have been told to avoid certain foods, activities, and medications. But new research is showing that many of these conventional pregnancy wisdoms are actually wrong.

In this article, we'll discuss some of the most common pregnancy myths and provide you with the latest information on what you really need to know.

Myth 1: You need to eat for two

This is one of the most common pregnancy myths. But the truth is, you only need to eat about 300 extra calories per day during pregnancy. Eating too much can lead to weight gain, which can increase your risk of pregnancy complications.

Myth 2: You can't exercise during pregnancy

Another common myth is that you should avoid exercise during pregnancy. But exercise is actually safe and beneficial for pregnant women. Exercise can help to reduce your risk of pregnancy complications, such as preeclampsia and gestational diabetes. It can also help to improve your mood and energy levels.

Myth 3: You can't take any medications during pregnancy

This is not entirely true. There are some medications that are safe to take during pregnancy. However, it is important to talk to your doctor before taking any medications, even over-the-counter medications.

Myth 4: You should avoid caffeine during pregnancy

Caffeine is a stimulant that can cross the placenta and reach your baby. However, moderate caffeine consumption (less than 200 mg per day) is generally considered safe during pregnancy. Avoid energy drinks, which can contain high levels of caffeine.

Myth 5: You should avoid alcohol during pregnancy

Alcohol is a teratogen, which means that it can cause birth defects. Even small amounts of alcohol can be harmful to your baby. It is best to avoid alcohol completely during pregnancy.

Myth 6: You should avoid sushi during pregnancy

Sushi is made with raw fish, which can contain parasites. However, sushi is generally safe to eat during pregnancy if it is made with frozen fish. Frozen fish kills parasites. Be sure to avoid raw shellfish, such as oysters and clams.

Myth 7: You should avoid cheese during pregnancy

Cheese is a good source of calcium, which is important for your baby's bone development. However, some types of cheese, such as soft cheeses and unpasteurized cheeses, can contain bacteria that can be harmful to your baby. Be sure to eat only hard cheeses that are made with pasteurized milk.

Myth 8: You should avoid eggs during pregnancy

Eggs are a good source of protein and other nutrients. However, raw eggs can contain salmonella, which can be harmful to your baby. Be sure to cook eggs thoroughly before eating them.

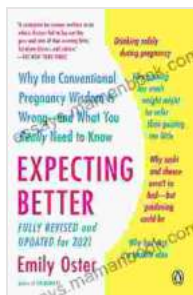
Myth 9: You should avoid meat during pregnancy

Meat is a good source of protein and iron. However, raw meat can contain bacteria that can be harmful to your baby. Be sure to cook meat thoroughly before eating it.

Myth 10: You should avoid nuts during pregnancy

Nuts are a good source of protein and other nutrients. However, some nuts, such as peanuts and tree nuts, can be allergenic. If you have a nut allergy, be sure to avoid nuts during pregnancy.

These are just a few of the many pregnancy myths that have been debunked by research. It is important to talk to your doctor about any concerns you have about pregnancy. Your doctor can provide you with the latest information on what you really need to know to have a healthy pregnancy.



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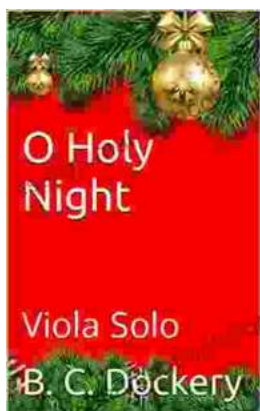
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