

Pregnancy: More Common Questions



On this sheet, you'll find answers to some common questions about pregnancy. If you have other questions, talk with your healthcare provider.



Will traveling be too stressful?

Not if you set the pace. When you plan a trip, allow time to stop and rest. You may even want to delay travel until the second trimester, when your body is more adjusted to pregnancy. Don't wait as long as the third trimester, because of the possibility of going into early labor. Travel to a place where healthcare facilities are close by. You may want to take a copy of your records with you in case you need medical care when you are traveling.

Can I still be a vegetarian or vegan?

Yes. Be sure to consult a registered dietitian. And be sure to get enough of the following:

- **Protein.** Eat eggs and milk if you're an ovo-lacto vegetarian. If you're a vegan, eat plant-based proteins, such as tofu and beans. (Vegans don't eat meat or any products that come from animals, such as milk, eggs, and cheese.)
- **Calcium.** If you don't eat dairy, try soy milk, soy cheese fortified with calcium, and orange juice fortified with calcium.
- **Vitamin B-12.** You may need to take a supplement that includes folic acid.
- **Vitamin D.** If you don't drink milk, ask about taking a supplement.
- **Iron.** Your healthcare provider may advise a supplement.

Can I paint my nails?

Yes. Nail polish is not thought to be dangerous during pregnancy. Just be careful about breathing the fumes. Keep windows open or use a fan. However, long-term exposure to the solvents used to remove nail polish may not be safe. If you work in a nail salon, talk with your healthcare provider about safety concerns.

Should I eat more if I exercise?

You will only need an extra 100 calories for each 30 minutes of mild exercise. But you'll also need more fluids. Drink at least an extra 8 ounces of water.

Do I have to stop jogging?

You can jog as long as you are comfortable. Many pregnant people find the impact or bounce of a jog doesn't feel good. Some switch to brisk walking as their pregnancy advances.

What should I limit or not eat or drink?

- Don't drink unpasteurized milk products or juices.
- Don't eat raw or undercooked meat, poultry, fish, or eggs.
- Don't eat prepared meats, like hot dogs or deli meat, unless served steaming hot.
- Don't drink alcohol.
- Limit caffeine unless your healthcare provider tells you otherwise.

Can I lift weights?

If you have been lifting weights, there is no need to stop. Instead, keep the weights light and in control. Never hold your breath. If you haven't been lifting weights, don't start now.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.