# Changing Your Lifestyle for a Healthy Pregnancy

Pregnancy is a phase in your life when you will have to make a lot of choices for you and your baby to stay healthy. You can consider changing your diet habits, or might even take more vitamins; however, whatever choices you make, you will have to be sure that they will positively benefit you and your unborn child. If you do not make the wise choices, you might be putting your health and pregnancy at risk.

## Nutrients and Fluids

Alcohol must be avoided at all times when you are pregnant. Alcohol has severe effects on your child’s mental and physical development during pregnancy. Cut-down on caffeine as coffee or drinks high in nicotine-content harm your baby’s brain development brutally. Instead, consume fruits and vegetables rich in vitamin C – like carrots and oranges.

Your body needs a healthy balanced diet during pregnancy. Don’t overindulge in foods your body craves for by thinking that you are eating for two. Your body needs 2000 calories each day during pregnancy. Therefore, you have ample of wise choices to make. If you are craving for something sweet, try an apple instead of a chocolate cake.

Green leafy vegetables, pasteurized dairy products and proteins are something you will need throughout your pregnancy.

## Alternatives to Your Current Standard of Living

You like to have sushi once in a while; well pregnancy is not the time for pleasing your lifestyle. Smoking, raw meats of all types, hot tub baths or sauna, complete body massages, painting your home – are some of the changes you will have to make to your lifestyle as each of these can be harmful for you and your unborn child.

## Prevention of Illness

During pregnancy, your body can become more prone to illnesses such as cold, fever, cough and more. However, do not take over-the-counter medicines as they can harm your baby. There are natural or herbal remedies to cure such illnesses; however, it is advised that you speak with the right person before taking any step. Keep taking the vitamins prescribed by your gynecologist as it will make your immune system stronger that will in return cope up with such unwanted illnesses.

Also, avoid places that expose you to different types of illnesses like crowded areas and public toilets, for instance.

## Travelling during Pregnancy

If your pregnancy is over 36 weeks, most airlines would not allow you to board the flight. However, it is advised that you avoid travelling as much as possible. Deep vein thrombosis is blood clots that can develop during pregnancy due to long distance flight travel. You will have to keep your legs mobile if you are taking such a flight during anytime in your pregnancy. Travelling short distances like going to the supermarket or your workplace is alright, but avoid travelling longer distance by car or train.