

# EWG's Guide to a Healthy Pregnancy



Pregnancy is a critical time. EWG has some simple, but important, healthy living tips to protect you and your baby while pregnant – and beyond. Start by asking your healthcare provider for health and wellness guidance, and then **consider our advice on simple steps for a healthy pregnancy:**



## 1. Choose healthy foods



**Choose foods with key nutrients** that your healthcare provider recommends during pregnancy, such as folic acid and iodine. Eat fresh fruits and veggies when possible. Use **EWG's Shopper's Guide to Pesticides in Produce** to learn which produce to buy organic, if available, and those with the least pesticide residue that may be conventionally grown.

**Plan balanced meals** to include a variety of grains, vegetables, fruits, and proteins. For pre-prepared meals or snack options use **EWG's Food Scores** to determine which products are the healthiest options for you.



## 2. Drink plenty of water

**Drink plenty of water and when available opt for filtered water.**

At home, filter your tap water with a reverse osmosis system or carbon filter to eliminate common water pollutants such as lead, arsenic, and nitrate. Use **EWG's Tap Water Database** to discover the contaminants that may be in your water.



## 3. Switch up your cleaning supplies

**Many household cleaning products contain toxic substances**, so avoid aerosol products such as air fresheners and cleaning sprays, when possible. Always have good ventilation, wear protective clothing, and never mix multiple cleaning supplies. You can choose to go all-natural with baking soda and vinegar or use **EWG's Guide to Healthy Cleaning** to find better alternatives. Cut out harmful substances and avoid toxic chemicals.



## 4. Be aware of your personal care products

**Just because a product label says "gentle" or "natural" doesn't guarantee that it's the best choice to use during pregnancy.** Read the ingredient list and avoid triclosan, fragrance and oxybenzone. Learn more about the product you use during pregnancy and also for little ones on **EWG's Skin Deep cosmetics database**.



## 5. Pick furniture and other home goods carefully

**Stay away from these toxic chemicals while pregnant:** lead, flame retardants (PBDEs, OPFRs), phthalates, mercury, PFAS, Bisphenols (BPA, BPB, BPS, BPF, BADGE), plasticizers, and PERC. Some furniture, textiles, and other home improvement products may contain a variety of chemical pollutants that can build up in dust or indoor air. Check out **EWG's Healthy Living Home Guide** to learn more about safely furnishing or making improvements to your home.

