

# Top 10 Pregnancy Myths

**Myth #1:** Pregnant women should eat for two. **FALSE.** Carrying a baby requires 300 extra calories per day on average which is 20% more than the average caloric intake for someone who is not pregnant. If you do eat for two, you may end up with unhealthy weight gain and a larger baby.

**Myth #2:** You shouldn't take hot baths while pregnant. **TRUE.** You should avoid saunas, Jacuzzis or anything that raises your body temperature over 102 degrees.

**Myth #3:** You can't fly during pregnancy. **FALSE.** It's generally considered safe to fly during a healthy pregnancy; however, always check with your health care provider before flying. If you have a high-risk pregnancy they may advise you to not fly. Also, it's not recommended to fly after 36 weeks

**Myth #4:** You shouldn't drink coffee while pregnant. **FALSE.** While you should avoid too much caffeine in general (caffeine does cross the placenta), an 8-12 oz. cup (or the equivalent of 200 mg of caffeine) is generally safe.

**Myth #5:** You can't pet your cat during pregnancy. **FALSE.** However, you shouldn't change your cat's litter box during pregnancy because of the risk of toxoplasmosis from their waste.

**Myth #6:** You can't eat hot dogs or deli meat. **FALSE.** Hot dogs and deli meat are fine to eat in moderation, provided they are cooked or reheated until steaming hot.

**Myth #7:** Dyeing your hair is harmful for your baby. **FALSE.** Experts agree that dyeing your hair during pregnancy is probably safe; however, they recommend following the directions on the hair dye package carefully. They also caution against using permanent hair dye during the first trimester because it contains ammonia, which could be harmful to the developing fetus.

**Myth #8:** You shouldn't eat sushi while pregnant. **TRUE AND FALSE.** You can eat COOKED sushi, like California rolls or shrimp, but RAW fish should be avoided.

**Myth #9:** Pregnant women should sleep on their left side. **FALSE.** Some experts still advise sleeping on your left side. The reasoning behind this is because the liver is on the right side of your abdomen. Lying on your left side helps keep the uterus off that large organ. Ask your OB what they recommend.

**Myth #10:** Walking makes labor go faster. **FALSE.** It is a good idea to get out and walk, but there's no activity that's going to bring on labor. Also, neither cod liver oil nor spicy food will induce labor.