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## Guide To Pregnancy File

While it is important to eat a variety of healthy foods, pregnant women should limit or avoid some foods:

- Avoid raw or unpasteurized milk, cheese, and juice because they may have harmful germs.
- Avoid alcoholic beverages. Limit caffeinated drinks such as coffee, tea, sodas, and energy drinks.

## Your Guide To Pregnancy

Dear Soon-To-Be Parents, Thank you for choosing Cleveland Clinic for your obstetrics care and to help bring your new little one(s) into the world!

## Your Guide to a Healthy Pregnancy

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Please check with your employer early in your pregnancy to

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acquire all the necessary information and paperwork that may be needed. It is important for you to understand that routine pregnancy is not considered a disability by most insurance companies and it is medically safe and encouraged for you to continue to work up until your delivery date.

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This is so they can organise your NHS pregnancy care (also called antenatal care). Your first appointment with a midwife should happen before you're 10 weeks pregnant. If you're more than 10 weeks pregnant and haven't seen a GP or midwife, contact a GP or midwife as soon as possible.

## **Your NHS pregnancy journey - Your pregnancy and baby guide**

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Fresh, raw fruit is best (1 small apple or ½ cup of chopped fruit is a serving). • 4 to 5 servings of vegetables (1 medium carrot or ½ cup of chopped vegetables is a serving). • 2 to 3 servings of lean meat, fish, eggs, or nuts (a piece of meat the size of a pack of playing cards is 1 serving).

### **A mother's to pregnancy and birth - VCU Health**

Vicki Iovine is the mother of four teenage children. Since the success of *The Girlfriends' Guide to Pregnancy*, she has gone on to write several books in the *Girlfriends' Guide* series, has lent her expertise in columns for the *Los Angeles Times* and *Child* magazine, and has served as a relationships correspondent for *Redbook*. She has also been a parenting correspondent on the *Today* show, *Oprah* ...

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Pregnancy discrimination may take the form of disparate treatment (pregnancy, childbirth, or a related medical condition is a motivating factor in an adverse employment action) or disparate impact (a neutral policy or practice has a significant negative impact on women affected by pregnancy, childbirth, or a related medical condition, and ...

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