

## Smart & Healthy Living

### *Healthy Pregnancy Tips*

(NAPS)—Pregnancy can be one of the most exciting times in a woman's life, but it can also be stressful. Being pregnant raises various concerns regarding exercise, nutrition and hygiene. The Georgia-Pacific Health Smart Institute offers these tips to help ensure that your pregnancy is healthy and safe:



#### **Healthy Mom, Healthy Baby!**

- When you are pregnant your immune system changes, leaving you more susceptible to diseases. Washing your hands often with soap and water and drying them with a disposable paper towel like *Sparkle*<sup>®</sup> is the most effective way of avoiding a wide range of illnesses.

- Some foods may be harmful to pregnant mothers and their babies. Log on to [gphealthsmart.com](http://gphealthsmart.com) for a list of foods to avoid during pregnancy.

- Smoking and drinking alcohol are common causes of harm to the fetus. Drink caffeine in moderation. Five or more cups of coffee a day may double your risk of miscarriage.

- Moderate exercise is important, but be sure to see your doctor before you begin any exercise regimen.

For more information on pregnancy safety as well as foods to avoid during pregnancy, please call 1-877-GPCLEAN, log on to the Web site at [www.gphealthsmart.com](http://www.gphealthsmart.com) or write to Georgia-Pacific Health Smart Institute, P.O. Box 2411, Palatka, FL 32178-2411.