



## Tips For A

# SAFE AND NATURAL DETOX

## Healthy Food Swaps



Include whole fruits and fresh juices

Choose organically grown fruits and vegetables



Use whole-grain bread and pasta instead of refined white flour products

Use brown rice in place of white rice



Replace white sugar with unrefined sugar

Include more lean meat and fish than high-fat meat



Opt for hormone-free options for meat and poultry

## Avoid

Fasting



Alcohol



Fish high in mercury content



Junk food



Packaged food that may contain preservatives and other additives



Taking supplements without consulting a doctor



## References

1. A Gentle Detox Diet; American Association of Retired Persons
2. Fasting during the second trimester of pregnancy may be particularly harmful; American Society for Nutrition
3. Healthy eating and pregnancy; American Academy of Family Physicians
4. 5 reasons why a detox diet is a bad idea; Reliant Medical Group
5. How much water should I drink during pregnancy?; American College of Obstetricians and Gynecologists