

Preconception Health Restrictions

Nutrient	Recommended amount	Serving size
Vitamin A	Dietary sources do not pose a risk at normal levels. Limit vitamin A supplements to 800mcg per day. All synthetic derivatives of retinol should be ceased at least one month prior to conception	Increased risk of miscarriage and central nervous system malformations
Mercury-containing fish	Limit to one serve/fortnight of fish containing high levels of mercury (shark, billfish) and no other fish to be eaten in that period OR Avoid fish containing high levels of mercury and eat two to three serves of other types of fish per week	Increased risk of negative effects on fetal brain and central nervous system
Caffeine	Limit to 200 mg or less per day (equivalent to two or three standard cups of coffee)	Increased risk of fetal growth restriction
Alcohol	No safe level	Foetal alcohol spectrum disorders including physical, behavioural and intellectual disabilities with lifelong implications
Smoking/ vaping and illicit drugs	No safe level	Increased risk of spontaneous abortion, stillbirth, low birth weight, preterm birth, placental issues, cleft lip/palate, and increased risk of sudden infant death syndrome