Ep. 92 – Coffee, Sushi, Medicine and More in Pregnancy

Expecting a baby often comes with a long list of questions—and a lot of conflicting information. Can you really drink coffee? What about sushi or soft cheese? Which cold medications are ok in pregnancy? And how should you handle everyday exposures like cleaning products?

In this episode of The MotherToBaby Podcast, host Chris Stallman, Certified Genetic Counselor and mom of four, is joined by returning guests Angela Messer and Kirstie Perrotta, both experienced teratogen information specialists (and moms themselves). Together, they sort through some of the most common pregnancy “do’s and don’ts,” offering clarity with evidence-based insights.

In this episode you’ll learn:

☕ How much caffeine experts suggest during pregnancy

 The truth about soft cheeses and why pasteurization matters

 Sushi and mercury exposure—what to consider and what to limit

 Tips for managing allergies and colds while pregnant or breastfeeding

 Guidance on handling cleaning products and reducing exposures

 Why supplements and “natural” remedies aren’t always the best option

 The importance of folic acid in prenatal vitamins

 Real stories from Angela, Kirstie, and Chris about what worried them during their own pregnancies

Whether you’re pregnant, breastfeeding, or supporting someone who is, this conversation offers reassurance, practical advice, and a reminder: you’re doing your best, and you’re not alone.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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The MotherToBaby Podcast welcomes CDC scientist CAPT Jennifer Williams to talk folic acid and its role in preventing birth defects of the brain and spine.

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