

Table 17.1

Preconceptual Health Checklist

Lifestyle Medicine Pillar	Goal	Recommendation
NUTRITION		
Fiber ¹	>25–28 gms/day*	2 c. fruit, 3c. vegetables, ½ c. whole grain, ½ c. beans/day
Eliminate High Risk Food ^{1–3}	Avoid processed meat & high mercury fish**	< 12 oz. fish/week www.ewg.org
Folate ⁴	400ugs/day	beans, lentils, leafy greens, citrus, broccoli, asparagus
Vitamin D ⁵	Vitamin D 30 - 50 ng/ml	check Vitamin D level
BMI ⁴	18–24.9	whole food plant-based diet
PHYSICAL ACTIVITY ⁶		
Total Time	150 min/week of moderate Intensity Activity	brisk walking, jogging, swimming, etc
Strength Training	2–3 times/week	
SLEEP		
Hours of Sleep ⁷	7-9 hrs/night	
Sleep Quality ⁸	No insomnia or fatigue	CBT-i-Coach***
Sleep Apnea Screen ⁹	No STOP (snoring, tired, observed apnea, elevated blood pressure)	refer for sleep study if screen is positive
EMOTIONAL WELLNESS		
Stress ¹⁰	Perceived Stress Scale <3	CBT-i-Coach***
ACE ¹¹	Screen 1 or less	Acesaware.org Refer for trauma counseling
Anxiety ¹²	GAD-2 <3	If positive refer for evaluation
Depression ¹³	PHQ-2 <3	If positive refer for evaluation
AVOID RISKY SUBSTANCES ⁴		
Tobacco	Discontinue all tobacco products	1-800-No-BUTTS quitSTART app
Alcohol use	Minimize alcohol intake	
Marijuana	Avoid all	
Illegal substances	Avoid all	
Teratogens	No ACE inhibitors, ARB’s, etc.	www.reprotox.org
Environmental toxins	No lead, BPA, etc.	www.ewg.org
RELATIONAL CONNECTEDNESS		
Domestic violence screen ⁴	Absence of abusive relationships	1-800-799-SAFE
Social support	Good support system	

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References

*Many experts recommend a whole-food plant-based diet based on data that there is a linear correlation between fiber consumption and decreased all-cause mortality and whole food plant-based diets are naturally high in fiber

**Many experts recommend not eating fish because there is no safe level of mercury consumption

***CBT-i-Cognitive Behavioral Therapy for insomnia

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