

Foods to Avoid During Pregnancy

Unpasteurized Products: Listeria

Unpasteurized products are made from raw milk; if the milk process was not performed properly and the milk is "dirty," then it may be infected with listeria (a type of bacteria). It is therefore advised that pregnant women not consume the following unpasteurized products:

- Raw milk
- Soft cheese: feta, goat cheese, brie, camembert
- Mexican-style cheeses: queso blanco and queso fresco
- Unpasteurized juice

Raw Eggs: Salmonella

Any dish containing raw eggs is infected with Salmonella. Avoid:

- Raw eggs
- Caesar dressing
- Egg nog (unpasteurized)
- Hollandaise sauce
- Cookie batter
- Homemade ice cream

Undercooked Meats: Salmonella, E. Coli, Toxoplasmosis

Pregnant women should avoid all undercooked meats. Remember to take precautions when preparing meats: make sure your steak has an internal temperature of 170 degrees Fahrenheit and heat hamburger and pork to 160 degrees Fahrenheit. Hot dogs are safe to eat during pregnancy, just be sure to eat them until they are steaming. Avoid:

- Deli meats
- Sushi
- Pate
- Raw seafood, especially shellfish
- Undercooked chicken or meat

Sweeteners: Aspartame is safe in moderation, however saccharin (Sweet-N-Low) should be avoided.

Caffeine

Caffeine is safe during pregnancy in small amounts. It is recommended that you consume no more than 300mg of caffeine per day.

For reference:

12 oz Dr Pepper contains 37mg of caffeine

6 oz Green Tea contains 40mg of caffeine

8 oz store brand brewed coffee contains 133mg of caffeine

16 oz Starbucks brewed coffee contains 320mg of caffeine

16oz Starbucks Vanilla Latte contains 150mg of caffeine

Certain Fish: Methyl Mercury

Safe

(safe to consume)

Wild pacific salmon

Farm-raised trout

Farm-raised catfish

Fish sticks

Summer flounder

Croaker

Mid-atlantic blue crab

Haddock

Shrimp

Restricted Consumption

(limit to one serving/week)

Canned light tuna(not albacore)

Mahi Mahi

Eastern oyster

Blue crab from Gulf of Mexico

Lake whitefish

Blue mussels

Cod

Pollock

Dangerous

(do not consume)

Shark

Swordfish

Sea bass

Tilefish

King mackerel