

Food Don'ts

PRINT-AND-GO GUIDE



There are 3 main dangers lurking in the food pregnant women eat. They are:

- **Listeria** – a dangerous bacterium that can grow even in cold refrigerators.
- **Mercury** – a harmful metal found in high levels in some fish.
- **Toxoplasma** – a risky parasite found in undercooked meat and unwashed fruits and vegetables.

These things can cause serious illness or even death to you or your unborn baby.

Follow these food facts to help keep you and your baby healthy:

- **DON'T eat raw or undercooked meat, poultry, fish or shellfish** (sushi or sashimi).
- **DON'T eat swordfish, tilefish, king mackerel, and shark.**
- **DON'T eat refrigerated smoked seafood** like whitefish, salmon, and mackerel. These are usually labeled nova-style, lox, kippered, smoked, or jerky.

- **DON'T eat refrigerated pâtés or meat spreads.**
- **DON'T eat hot dogs and luncheon meats** — unless they're reheated until steaming hot.
- **DON'T eat soft cheeses** like feta, brie, camembert, "blue-veined cheeses," "queso blanco," "queso fresco," and Panela unless the label says they are pasteurized or made from pasteurized milk.
- **DON'T drink raw or unpasteurized milk or juice** or eat foods that contain unpasteurized milk.
- **DON'T eat unwashed fruits and vegetables.**
- **DON'T eat raw sprouts of any kind** (including alfalfa, clover, radish, and mung bean).

Source: U.S. Food and Drug Administration; Center for Food Safety and Applied Nutrition

Fish and shellfish can be an important part of a healthy diet. They are a great source of protein and heart-healthy omega-3 fatty acids.

But almost all fish and shellfish contain some mercury. Mercury is a metal that can harm the brain of your unborn baby — even before it is conceived.

Mercury mainly gets into our bodies by the fish we eat. Only high levels of this metal seem to be harmful to developing babies. So the risk of mercury in fish and shellfish depends on the amount and type you eat.

Women who are nursing, pregnant, or who may become pregnant should steer clear of fish

Please consult your Doctor before eating FISH during and after Pregnancy.