FOODS TO AVOID during pregnancy

There are 3 main dangers pregnant women need to be aware of about the food they eat. All of these can cause serious illness or even death to you or your unborn baby.

- **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.

**DON’T**

- Eat raw or undercooked meat, poultry, fish, or shellfish (sushi or sashimi).
- Eat swordfish, tilefish, king mackerel, or shark.
- Eat refrigerated smoked seafood like whitefish, salmon, and mackerel. These are usually labeled nova-style, lox, kippered, smoked, or jerky.
- Eat soft cheese like feta, brie, or “queso blanco” unless the label says they are pasteurized or made from pasteurized milk.
- Drink raw or unpasteurized milk or juice or eat certain foods that contain unpasteurized milk.

- Eat refrigerated pâtés or meat spreads.
- Eat hot dogs and luncheon meats -- unless they’re reheated until steaming hot.
- Eat unwashed fruits and vegetables.
- Eat raw sprouts of any kind (including alfalfa, clover, and radish).

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