Foods to avoid during pregnancy

It can be nerve-wrecking trying to remember all of the do's and don'ts. Here's a quick list to make that more simple...



- [ ] Fish exposed to industrial pollutants
- [ ] Raw or undercooked eggs
- [ ] Raw meat and poultry
- [ ] Raw shellfish
- [ ] Fish containing mercury
- [ ] Deli meats
- [ ] Soft cheeses
- [ ] Unwashed fruits & vegetables
- [ ] Unpasteurized milk
- [ ] Raw sprouts
- [ ] Certain fruits & vegetables like papaya, black grapes, pineapple, cabbage & lettuce, eggplant
- [ ] Foods that cause allergy
- [ ] Excess caffine
- [ ] Restaurant-made salads
- [ ] Unpasteurized juices
- [ ] Herbal teas & supplements
- [ ] Canned foods like fruits, vegetables, sodas, pasta, soup, tuna
- [ ] Nitrate-rich foods like cured sandwich meats, bacon, deli meats, sausages, salami, and hot dogso

- [ ] Sugar-rich foods like desserts, candies, cakes, ice creams, biscuits, chocolates, and sweetened beverages
- [ ] Street foods! Avoid hot dogs, burritos, churros, cotton candy, soft pretzels, etc.
- [ ] Fatty foods like general fast food, processed food, and takeaways like crackers, cookies, frozen pizza, fried foods, margarine, and frosting
- [ ] Artificial sweeteners
- [ ] Homemade goodies - don't eat raw cookie dough, and stay away from homemade ice cream
- [ ] Excess of vitamins (best to consult your doc on this)
- [ ] Licorice
- [ ] Smoked Seafood
- [ ] Leftovers - this includes cold foods or foods that have been left at room temperature for more than a couple of hours (they could now contain bacteria)

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