

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 caffeine
- 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 dogs
- 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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