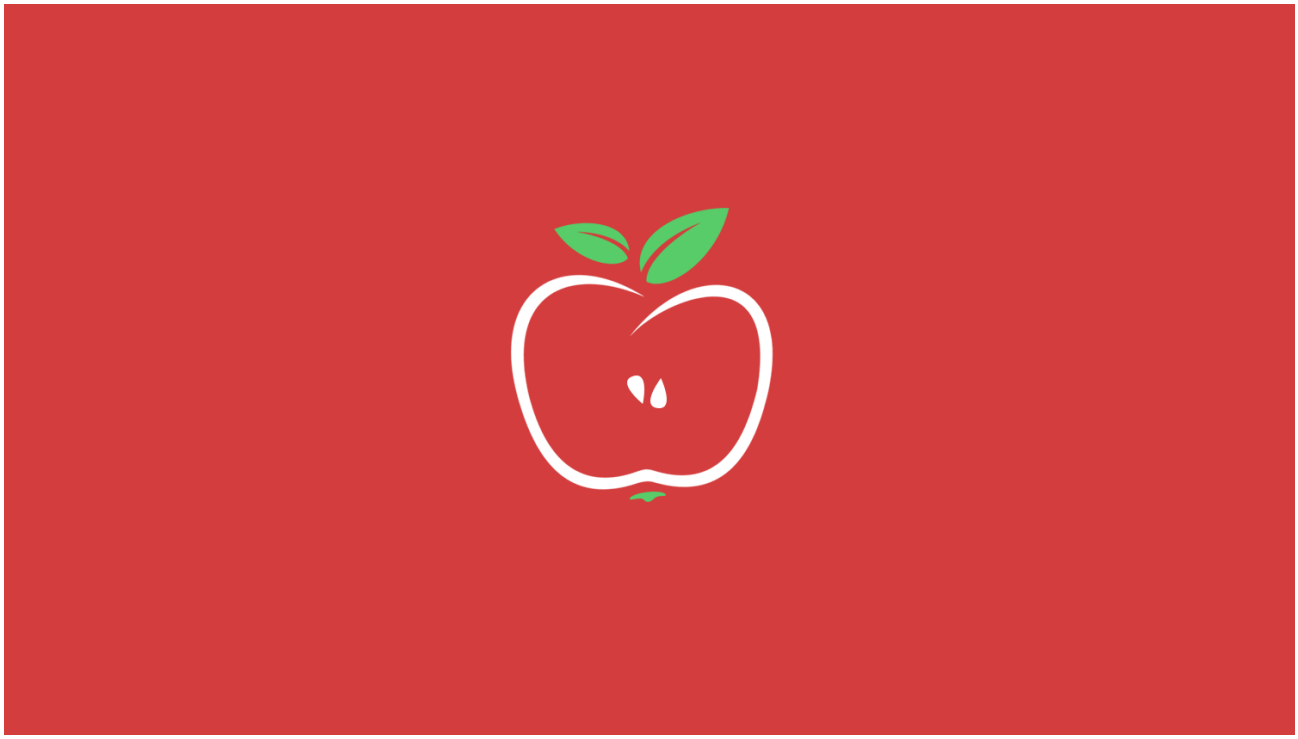
Checklist of Foods to Avoid During Pregnancy

Because pregnancy affects your immune system, you and your unborn baby are more susceptible to the bacteria, viruses, and parasites that cause foodborne illness.



Don’t Eat These Foods

- [ ] Soft CHEESES made from unpasteurized milk, including Brie, feta, Camembert, Roquefort, queso blanco, and queso fresco
- [ ] Raw COOKIE DOUGH or CAKE BATTER
- [ ] King mackerel, marlin, orange roughy, shark, swordfish, tilefish (Gulf of Mexico), and tuna (big eye)
- [ ] Raw or undercooked FISH (sushi)
- [ ] Unpasteurized JUICE or cider (including fresh squeezed)
- [ ] Unpasteurized MILK
- [ ] SALADS made in a store, such as ham salad, chicken salad, and seafood salad.
- [ ] Raw SHELLFISH, such as oysters and clams
- [ ] Raw or undercooked SPROUTS, such as alfalfa, clover, mung bean, and radish

Be Careful with These Foods

- [ ] Hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meat and poultry
- [ ] Eggs and pasteurized egg products
- [ ] Eggnog
- [ ] Fish
- [ ] Ice cream

- [ ] Meat: Beef, veal, lamb, and pork (including ground meat)
- [ ] Meat spread or pate
- [ ] Poultry and stuffing (including ground poultry)
- [ ] Smoked seafood

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