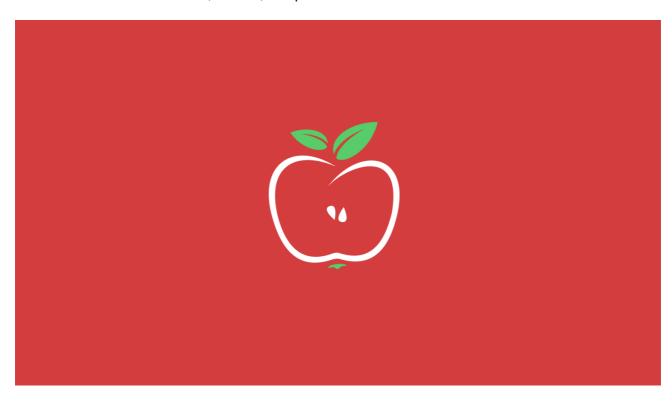
Checklist of Foods to Avoid During Pregnancy

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
lce cream

Meat: Beef, veal, lamb, and pork (including ground meat)	
Meat spread or pate	
Poultry and stuffing (including ground poultry)	
Smoked seafood	Make and Share Free Checklists
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