

Foods to Avoid In Pregnancy

- Unwashed produce
- Soft Cheeses such as: Brie, feta, Camembert, Roquefort, Queso Blanco, & Queso Fresco
- Raw eggs or anything with raw eggs such as cookie dough
- Larger fish such as shark, swordfish, king mackerel, and tilefish (they have higher amounts of mercury)
- Raw/Undercooked Fish (Sushi) or shellfish
- Unpasteurized Milk
- Store bought "salads" like chicken salad or potato salad (OK to make at home)
- Deli Meats
- Caffeine
- Alcohol

This is not to be used medical Advice
Please consult with your medical provider
before making any dietary changes

References Used:
Americanpregnancy.org
Foodsaftey.org