



Checklist of foods to Avoid During Pregnancy

Immunity declines with onset of Pregnancy leaving the mother susceptible to food borne infections which effect both mother and baby's health.

Bacterial agents like listeria and toxoplasma are always at their advent to infect the new born. It's not only bacterial agents but heavy metals like Mercury found in some fish are dangerous for the mother and baby's health.

Don't Eat These Foods

Soft CHEESE made from unpasteurized milk



Why?

May contain E. coli or Listeria.

What to Do?

Eat hard cheeses, such as cheddar or Swiss. Or, check the label and make sure that the cheese is made from pasteurized milk.



Raw COOKIE DOUGH or CAKE BATTER



Why?

May contain Salmonella.

What to Do?

Bake the cookies and cake. Don't lick the spoon!



FISH, such as shark, swordfish, king mackerel, and tilefish



Why?

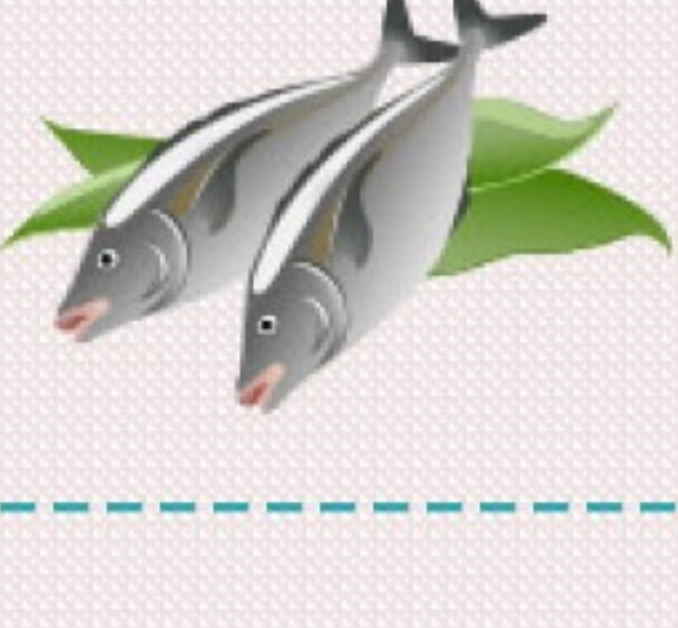
Contains high levels of mercury.

What to Do?

Eat up to 12 ounces a week of fish and shellfish that are lower in mercury, such as shrimp, salmon, pollock, and catfish. Limit consumption of albacore tuna to 6 ounces per week.



Raw or undercooked FISH (sushi)



Why?

May contain parasites or bacteria.

What to Do?

Cook fish to 145° F.



Unpasteurized JUICE or cider (including fresh squeezed)



Why?

May contain E. coli.

What to Do?

Drink pasteurized juice. Bring unpasteurized juice or cider to a rolling boil and boil for at least 1 minute before drinking.



Unpasteurized MILK



Why?

May contain bacteria such as Campylobacter, E. coli, Listeria, or Salmonella.

What to Do?

Drink pasteurized milk.



SALADS made in a store, such as ham salad, chicken salad, and seafood salad.



Why?

May contain Listeria.

What to Do?

Make salads at home, following the food safety basics: clean, separate, cook, and chill.



Raw SHELLFISH, such as oysters and clams

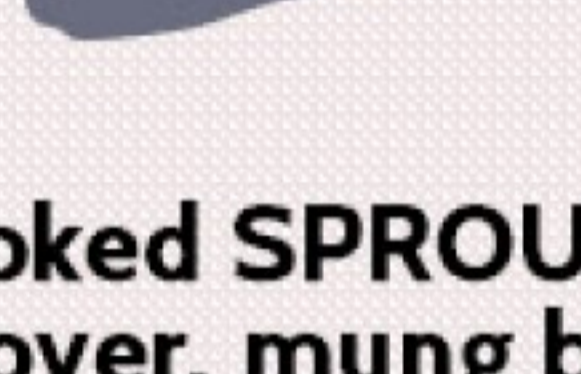


Why?

May contain Vibrio bacteria.

What to Do?

Cook shellfish to 145° F.



Raw or undercooked SPROUTS, such as alfalfa, clover, mung bean, and radish



Why?

May contain E. coli or Salmonella.

What to Do?

Cook sprouts thoroughly.



Be Careful with These Foods



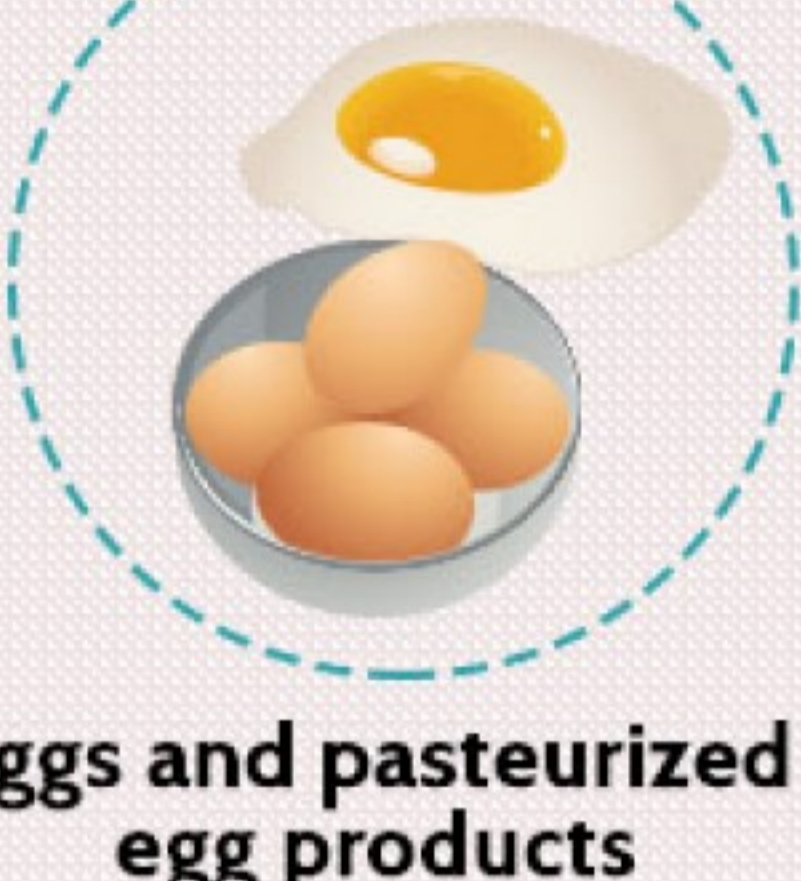
Hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meat and poultry

Why?

May contain Listeria.

What to Do?

Even if the label says that the meat is precooked, heat these meats to steaming hot or 165° F before eating.



Eggs and pasteurized egg products

Why?

Undercooked eggs may contain Salmonella.

What to Do?

Cook eggs until yolks are firm. Cook casseroles and other dishes containing eggs or egg products to 160° F.



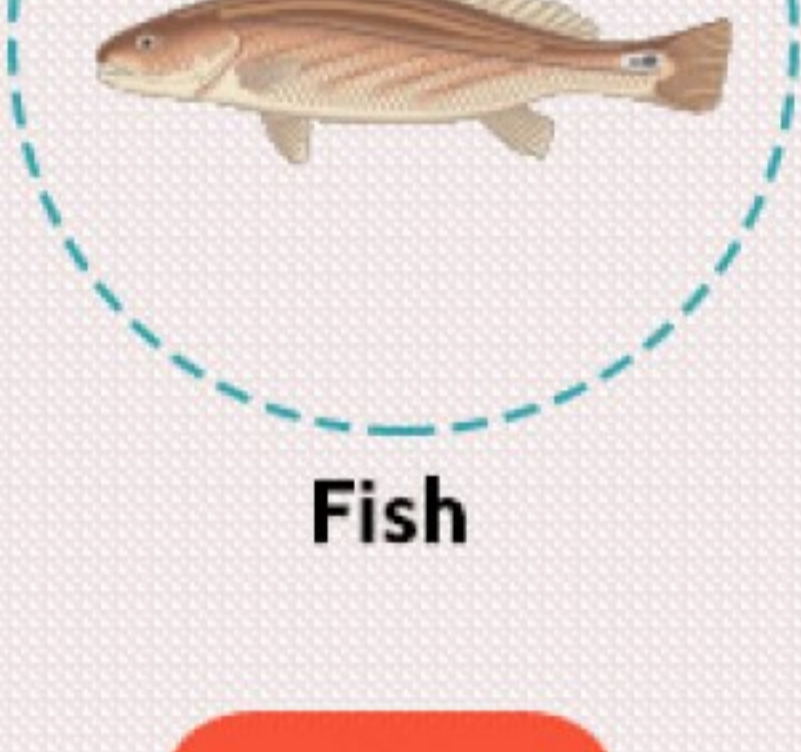
Eggnog

Why?

Homemade eggnog may contain uncooked eggs, which may contain Salmonella.

What to Do?

Make eggnog with a pasteurized egg product or buy pasteurized eggnog. When you make eggnog or buy egg-fortified beverages, cook to 160° F.



Fish

Why?

May contain parasites or bacteria.

What to Do?

Cook fish to 145° F.



Ice cream

Why?

Homemade ice cream may contain uncooked eggs, which may contain Salmonella.

What to Do?

Make ice cream with a pasteurized egg product safer by adding the eggs to the amount of liquid called for in the recipe, then heating the mixture thoroughly.



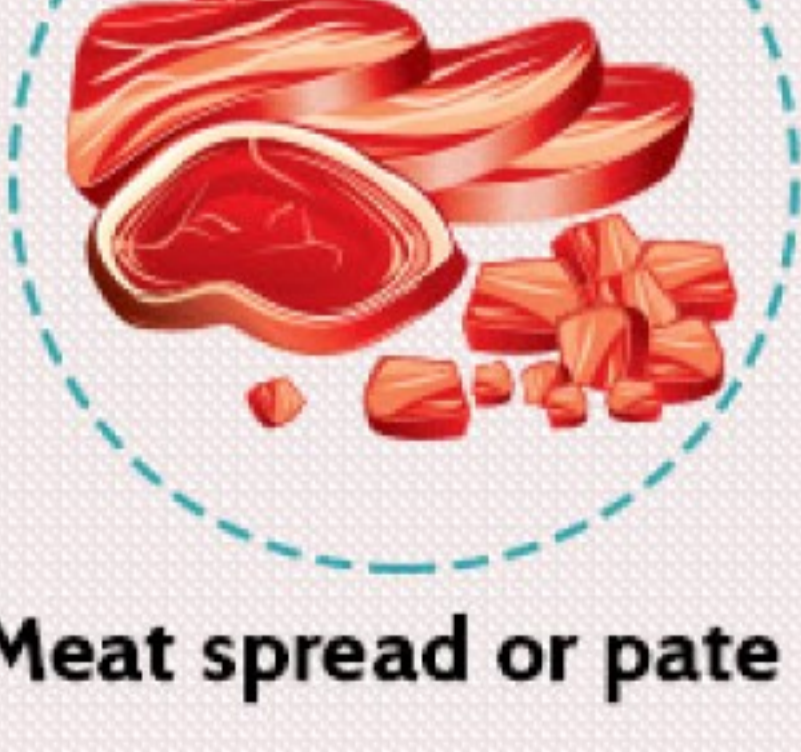
Meat: Beef, veal, lamb, and pork (including ground meat)

Why?

Undercooked meat may contain E. coli.

What to Do?

Cook beef, veal, and lamb steaks and roasts to 145° F. Cook pork to 160° F. Cook all ground meats to 160° F.



Meat spread or pate

Why?

Unpasteurized refrigerated pastes or meat spreads may contain Listeria.

What to Do?

Eat canned versions, which are safe.



Poultry and stuffing (including ground poultry)

Why?

Undercooked meat may contain bacteria such as Campylobacter or Salmonella.

What to Do?

Cook poultry to the stuffing to 165° F. If the poultry is stuffed, cook the poultry to 165° F. Better yet, cook the stuffing separately.



Smoked seafood

Why?

Refrigerated versions are not safe, unless they have been cooked to 165° F.

What to Do?

Eat canned versions, which are safe, or cook to 165° F.

