

# Foods to Avoid in Pregnancy

**Raw meat** - Avoid uncooked seafood and undercooked beef or poultry due to risk of bacterial contamination, toxoplasmosis and salmonella.

**Fish with mercury** - Avoid fish with high levels of mercury including shark, swordfish, king mackerel and tilefish. There is no limit on salmon or tuna, only Albacore tuna is there a limit to one serving per week.

**Smoked seafood** - Refrigerated, smoked seafood should be avoided due to risks of listeria contamination.

**Raw shellfish** - including clams, oysters, and mussels can cause bacterial infections. Cooked shrimp or shellfish are safe.

**Raw eggs** - Raw eggs or any foods containing raw eggs can be contaminated with salmonella. This includes some homemade caesar dressings, mayonnaise, and homemade ice cream. Cook eggs thoroughly, until the yolk is firm.

**Soft cheeses** - imported soft cheeses may contain listeria. Soft cheeses made with pasteurized milk are safe.

**Unpasteurized milk** - May contain listeria which can lead to miscarriage.

**Pate** - Refrigerated pate or meat spreads should be avoided due to risks of listeria.

**Caffeine** - Limit caffeine intake to the equivalent of 1-3 cups of coffee a day or less.

**Unwashed vegetables** - Wash all vegetables well to avoid exposure to toxoplasmosis which may contaminate the soil where vegetables are grown.