

Foods to Avoid

Because pregnancy affects your immune system, you and your unborn baby are more susceptible to the bacteria, viruses and parasites that cause foodborne illness. Even if you don't feel sick, some "bugs" like *Listeria* and *Toxoplasma* can infect your baby and cause serious health problems. Your baby is also sensitive to toxins from the food that you eat, such as mercury in certain kinds of fish.

Keep this checklist handy to help ensure that you and your unborn baby stay healthy and safe, and invest in a food thermometer to check the temperatures of cooked food.

| DON'T EAT | WHY | WHAT TO DO |
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| Soft CHEESES made from unpasteurized milk, including Brie, feta, Camembert, Roquefort, queso blanco and queso fresco | May contain <i>E. coli</i> or <i>Listeria</i> . | 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 | May contain <i>Salmonella</i> . | Bake the cookies and cakes. Don't lick the spoon! |
| King mackerel, marlin, orange roughy, shark, swordfish, tilefish (Gulf of Mexico) and tuna (big eye) | Contain high levels of mercury, but there are many other choices of fish that have lower levels of mercury. | |
| Raw or undercooked FISH (sushi) | May contain parasites or bacteria. | Cook fish to 145° F. |
| Unpasteurized JUICE or cider (including freshly squeezed) | May contain <i>E. coli</i> . | Drink pasteurized juice. Bring unpasteurized juice or cider to a rolling boil, and boil for at least 1 minute before drinking. |
| Unpasteurized MILK | May contain bacteria such as <i>Campylobacter</i> , <i>E. coli</i> , <i>Listeria</i> , or <i>Salmonella</i> . | Drink pasteurized milk. |
| SALADS made in a store, such as ham salad, chicken salad and seafood salad | May contain <i>Listeria</i> . | Make salads at home, following the food safety basics: clean, separate, cook, and chill. |
| Raw SHELLFISH, such as oysters and clams | May contain <i>Vibrio</i> bacteria. | Cook shellfish to 145° F. |
| Raw or undercooked SPROUTS, such as alfalfa, clover, mung bean and radishes | May contain <i>E. coli</i> or <i>Salmonella</i> . | Cook sprouts thoroughly. |



| BE CAREFUL | WHY | WHAT TO DO |
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| Hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meats and poultry | May contain <i>Listeria</i> . | Even if the label says that the meat is precooked, reheat these meats to steaming hot or 165° F before eating. |
| Eggs and Pasteurized Egg Products | Undercooked eggs may contain <i>Salmonella</i> . | Cook eggs until yolks are firm. Cook casseroles and other dishes containing eggs or egg products to 160° F. |
| Eggnog | Homemade eggnog may contain uncooked eggs, which may contain <i>Salmonella</i> . | Make eggnog with a pasteurized egg product, or buy pasteurized eggnog. When you make eggnog or other egg-fortified beverages, cook to 160° F. |
| Fish | May contain parasites or bacteria. | Cook fish to 145° F. |
| Ice Cream | Homemade ice cream may contain uncooked eggs, which may contain <i>Salmonella</i> . | Make ice cream with pasteurized egg products safer by adding the eggs to the amount of liquid called for in the recipe, and then heating the mixture thoroughly. |
| Meat: beef, veal, lamb and pork (including ground meat) | Undercooked meat may contain <i>E. coli</i> . | Cook beef, veal, lamb and roasts to 145° F. Cook pork to 160° F. Cook all ground meats to 160° F. |
| Meat Spread or Pate | Unpasteurized refrigerated pates or meat spreads may contain <i>Listeria</i> . | Eat canned versions, which are safe. |
| Poultry and Stuffing (including ground poultry) | Undercooked meat may contain bacteria such as <i>Campylobacter</i> or <i>Salmonella</i> . | Cook poultry to 165° F. If the poultry is stuffed, cook the stuffing to 165° F. Better yet, cook the stuffing separately. |
| Smoked Seafood | Refrigerated versions are not safe, unless they have been cooked to 165° F. | Eat canned versions, which are safe, or cook to 165° F. |