

## WHAT FOODS ARE SAFE DURING PREGNANCY? ---

Please use the following guidelines to know what is recommended:

- **Milk and cheese:** Eat and drink only dairy products that have been pasteurized. Soft cheeses such as feta, Brie, Camembert, blue-veined cheeses and Mexican-style cheeses such as queso blanco, queso fresco and Penela are particularly prone to contamination and must be pasteurized.
- **Fish and seafood:** Most fish/seafood can be consumed in moderation when limited to 12 ounces per week. White albacore tuna should be limited to 6 ounces per week. Some fish contain high levels of mercury and should be **avoided** during pregnancy. They include:
  - Swordfish
  - Shark
  - King Mackerel
  - Tilefish
  - Sushi with raw fish
- **Prepared foods:** Any food that is spoiled or not cooked well can make you sick.
  - Do not eat any meat or fish that has not been cooked all the way through.
  - Do not eat cooked food that has not been kept hot or chilled.
  - Do not eat hot dogs, luncheon meats, deli meats and poultry, cold cuts, or fermented or dry sausage unless reheated to steaming hot or 165°F before eating, even though the label says precooked.
  - Wash knives, cutting boards, and your hands between handling raw meats and any other food like fresh fruits and vegetables when you plan to eat them raw.
  - Wash all fruits and vegetables with 1 tablespoon of raw vinegar in a pan of water to kill germs before you eat them.
  - Avoid raw or unpasteurized milk or juices.
  - Pregnant women should not eat pâtés, or meat spreads from a deli/meat counter or from the refrigerated section of a store, or smoked seafood unless it is canned, shelf-stable or is in a cooked dish, such as a casserole.
- **Alcohol:** It is safest to avoid all alcohol. If you think it will be difficult to stop drinking or if you think you may have a problem, please feel free to discuss it with us.
- **Caffeine:** Consumption of caffeine has not been shown to cause birth defects, low birth weight, or stillbirth. However it is generally recommended that caffeine consumption be limited to 2 cups of caffeinated drink per day during pregnancy. This means 2 small cups of coffee or tea or 1 can of caffeinated soda per day.
- **Artificial sweeteners:** There is no evidence that NutraSweet, Splenda, Sweet N' Low, or Stevia while pregnant increases birth defects.