

Eating during pregnancy

Deli Meat: Deli meats have been known to be contaminated with [listeria](#), which can cause [miscarriage](#). Listeria has the ability to cross the placenta and may infect the baby, which could lead to infection or blood poisoning and may be life-threatening. If you are pregnant and you are considering eating deli meats, make certain that you reheat the meat until it is steaming .

Raw Meat: Uncooked seafood and rare or undercooked beef or poultry should be avoided because of the risk of contamination with coliform bacteria, [toxoplasmosis](#), and [salmonella](#).

Fish with Mercury: Fish that contain high levels of mercury should be avoided. Mercury consumed during pregnancy has been linked to developmental delays and brain damage. Certain types of [fish used in sushi](#) should also be avoided due to high levels of mercury.

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop	Bluefish	Monkfish	Tilefish (Atlantic Ocean)	
Atlantic croaker	Lobster, American and spiny	Shad	Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen	
Atlantic mackerel	Mullet	Shrimp	Carp	Sablefish	Tuna, yellowfin	
Black sea bass	Oyster	Skate	Chilean sea bass/ Patagonian toothfish	Sheepshead	Weakfish/seatrout	
Butterfish	Pacific chub mackerel	Smelt	Grouper	Snapper	White croaker/ Pacific croaker	
Catfish	Perch, freshwater and ocean	Sole	Halibut	Spanish mackerel		
Clam	Pickering	Squid	Mahi mahi/ dolphinfish	Striped bass (ocean)		
Cod	Plaice	Tilapia				
Crab	Pollock	Trout, freshwater				
Crawfish	Salmon	Tuna, canned light (includes skipjack)				
Flounder	Sardine	Whitefish				
Haddock		Whiting				
Hake						
Choices to Avoid HIGHEST MERCURY LEVELS						
			King mackerel	Shark	Tilefish (Gulf of Mexico)	
			Marlin	Swordfish	Tuna, bigeye	
			Orange roughy			

Smoked Seafood –Refrigerated, smoked seafood often labeled as lox, nova style, [kippered](#), or jerky should be avoided because it could be contaminated with listeria. (These are safe to eat when they are in an ingredient in a meal that has been cooked, like a casserole.) This type of fish is often found in the deli section of your grocery store. Canned or shelf-safe smoked seafood is usually fine to eat.

Fish Exposed to Industrial Pollutants: Avoid fish from contaminated lakes and rivers that may be exposed to high levels of polychlorinated biphenyls. This is primarily for those who fish in local lakes and streams. Contact the local health department or Environmental Protection Agency to determine which fish are safe to eat in your area. Remember, this is regarding fish caught in local waters and not fish from your local grocery store.

Soft Cheeses: Imported soft cheeses may contain listeria. You would need to avoid soft cheeses such as brie, Camembert, Roquefort, feta, Gorgonzola, and Mexican style cheeses that include queso blanco and queso fresco, unless they clearly state that they are made

from pasteurized milk. All soft non-imported cheeses made with pasteurized milk are safe to eat.

Unpasteurized Milk: Unpasteurized milk may contain listeria. Make sure that any milk you drink is pasteurized.

Pate: Refrigerated pate or meat spreads should be avoided because they may contain the bacteria listeria. Canned pate or shelf-safe meat spreads can be eaten.

Caffeine: Although most studies show that caffeine intake in moderation is permissible, there are others that show that caffeine intake may be related to miscarriages. As a general rule, caffeine should be limited to fewer than 200 mg per day during pregnancy. Caffeine is a diuretic, which means it helps eliminate fluids from the body. This can result in water and calcium loss.

Alcohol: There is **NO** amount of alcohol that is known to be safe during pregnancy, and therefore alcohol should be avoided during pregnancy. Prenatal exposure to alcohol can interfere with the healthy development of the baby. Depending on the amount, timing, and pattern of use, alcohol consumption during pregnancy can lead to [Fetal Alcohol Syndrome](#) or other developmental disorders. If you consumed alcohol before you knew you were pregnant, stop drinking now. You should continue to avoid alcohol during [breastfeeding](#).

Unwashed Vegetables: Vegetables are safe, and a necessary part of a balanced diet. However, it is essential to make sure they are washed to avoid potential exposure to toxoplasmosis. [Toxoplasmosis](#) may contaminate the soil where the vegetables were grown.