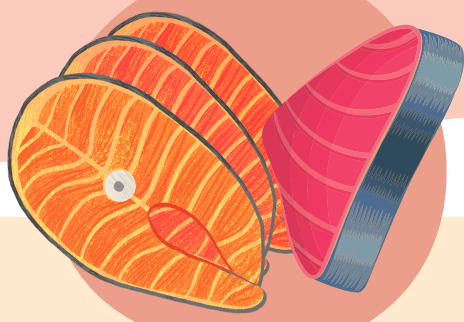


FOODS TO AVOID IN PREGNANCY

During pregnancy, it's important to be mindful of what you eat to ensure the health of you and your baby. Protect your health and your baby's wellbeing by avoiding these foods.



SEAFOOD HIGH IN MERCURY

- Fish like bigeye tuna, king mackerel, marlin, swordfish, and shark should be avoided due to their high mercury levels.
- Mercury can harm the developing nervous system of the fetus.
- Instead, opt for low-mercury options like salmon, shrimp, and light canned tuna, which provide essential omega-3 fatty acids beneficial for the baby's brain and eye development.



UNWASHED FRUITS AND VEGETABLES

- Wash all raw fruits and vegetables thoroughly to remove harmful bacteria.
- Avoid raw sprouts, such as alfalfa and clover sprouts, as they can harbor bacteria like E. coli and Salmonella. Cooking sprouts thoroughly can reduce this risk.



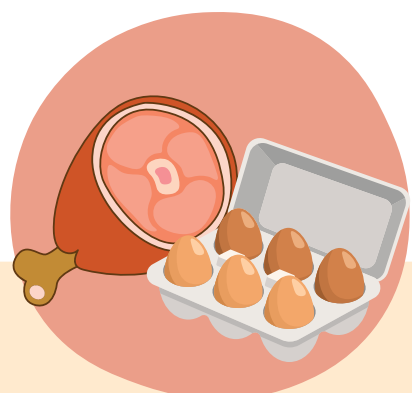
RAW OR UNDERCOOKED SEAFOOD

- Avoid raw fish and shellfish, such as sushi and raw oysters, as they can contain harmful bacteria or viruses like listeria or salmonella. These can cause foodborne illnesses that can be particularly dangerous during pregnancy.
- Cook seafood thoroughly to reduce the risk of foodborne illness.



UNPASTURIZED DAIRY PRODUCTS

- Avoid foods made with unpasteurized milk, including soft cheeses like brie and feta, as they can cause foodborne illness and can contain harmful bacteria such as Listeria, which can lead to serious complications during pregnancy.
- Stick to pasteurized dairy products, which are heated to kill harmful bacteria.



UNDERCOOKED MEAT, POULTRY AND EGGS

- Fully cook all meats and poultry to prevent foodborne illness.
- Avoid raw or undercooked eggs and foods that may contain them, like homemade eggnog and raw batter.
- Heating these foods to a safe temperature kills bacteria and reduces the risk of infections like toxoplasmosis and salmonella.



CAFFIENE AND HERBAL TEA

- Limit caffeine intake to less than 200 milligrams per day. High levels of caffeine can lead to low birth weight and even miscarriage. This includes coffee, tea, and cola.
- Avoid herbal tea as some herbal teas can have effects on pregnancy. It's best to avoid them unless advised by your healthcare professional.



ALCOHOL

- **Alcohol should be completely avoided during pregnancy.**
- It can lead to miscarriage, stillbirth, and fetal alcohol syndrome, which can cause physical and developmental problems in the baby.

This information is provided by [MedEdMaterials.org](https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20043844)

DISCLAIMER: MED ED MATERIALS, 2024. THIS INFORMATION IS INTENDED TO SUPPLEMENT, NOT CONTRADICT, THE MEDICAL ADVICE OF YOUR PRACTITIONER. FOR QUESTIONS OR MORE INFORMATION, CONTACT YOUR PRACTITIONER



FOR MORE INFORMATION, TALK TO YOUR DOCTOR AND CHECK OUT OUR SOURCES!

- [HTTPS://WWW.MAYOCLINIC.ORG/HEALTHY-LIFESTYLE/PREGNANCY-WEEK-BY-WEEK/IN-DEPTH/PREGNANCY-NUTRITION/ART-20043844](https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20043844)
- [HTTPS://HEALTH.GOV/MYHEALTHFINDER/PREGNANCY/NUTRITION-AND-PHYSICAL-ACTIVITY/EAT-HEALTHY-DURING-PREGNANCY-QUICK-TIPS](https://health.gov/myhealthfinder/pregnancy/nutrition-and-physical-activity/eat-healthy-during-pregnancy-quick-tips)