

Foods to Avoid

During pregnancy, there are some food that may pose risk to the health of you and your baby. Pregnant people should be aware of this information so that they can make healthy choices during pregnancy.

- Thoroughly wash all fruits and vegetables before cooking
- Limit caffeine intake 200mg (one 12-ounce cup of tea or coffee or 1 can of soda) a day
- Avoid cold cuts, deli meat or hot dogs that have not been heated or reheated to steaming. Raw fish and rare/raw meats can contain harmful microorganisms such as bacteria and parasites. Eating raw foods can lead to several illnesses, including toxoplasmosis, salmonellosis and listeriosis.
- Fish that are high in mercury content should also be avoid. Shark, swordfish, tilefish should not be eaten during pregnancy.
- You can refer to the FDA website for safe fish consumption during pregnancy:

<https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm>