

Don't eat that!

What foods are not OK to eat during pregnancy?

- **Raw meat or fish** — Eating uncooked meat or fish can make a pregnant woman sick. You can pass bad germs from the raw meat to your baby. Don't eat raw hot dogs, uncooked deli meat or sushi.
- **Raw eggs** — Make sure eggs are fully cooked.
- **Milk and juice products that are not pasteurized** — If a food is pasteurized, it's been heated to kill bad germs. Look for the word "pasteurized" on the label of juice, milk, yogurt and soft cheeses, including brie, feta, Camembert, Roquefort, blue-veined, queso blanco, queso fresco and Panela.
- **Fish that are high in mercury** — Mercury is a metal that can harm your baby. Fish get mercury from the water they swim in and from eating other fish that have mercury in them. Some fish, like shark, swordfish, king mackerel and tile fish, have a lot of mercury. Don't eat these kinds of fish when you're pregnant.

What foods should you limit during pregnancy?

- **Fish that have small amounts of mercury** — It's OK to eat a limited amount of these fish during pregnancy. You can eat up to 12 ounces a week. The 12 ounces can include:
 - Shrimp, salmon, pollock, catfish and canned light tuna
 - Albacore (white) tuna. Don't eat more than 6 ounces of this tuna per week.

- **Coffee and other things that contain caffeine** — Caffeine is a drug that is found in things like coffee, tea, soda, chocolate and some energy drinks and medicines. Too much caffeine in pregnancy may lead to premature birth or miscarriage. During pregnancy, limit the caffeine you get each day to 200 milligrams. This is about the amount in one 12-ounce cup of coffee. Read labels on food, drinks and medicine to know how much caffeine you're getting.

What if you crave nonfoods?

If you crave nonfoods, tell your health care provider. Nonfoods can be harmful to a woman and her baby. Don't eat nonfoods like:

- Ice
- Clay
- Laundry starch
- Dirt
- Charcoal
- Milk of magnesia
- Coffee grounds



watch & learn

Watch videos on how to have a healthy pregnancy at: marchofdimes.org/videos

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