

What NOT to eat during Pregnancy

- Raw or undercooked beef (can be contaminated with e. coli, toxoplasmosis, and salmonella).
- Raw or undercooked chicken (can be contaminated with e. coli and salmonella).
- Deli meats (can be contaminated with listeria).
- Shark (can be contaminated with mercury).
- Swordfish (can be contaminated with mercury).
- King mackerel (can be contaminated with mercury).
- Tilefish (can be contaminated with mercury).
- Smoked seafood like lox (can be contaminated with listeria).
- Raw shellfish (can be contaminated with hepatitis A).
- Raw eggs (i.e. homemade eggnog, homemade mayonnaise, homemade Caesar salad dressing, homemade ice cream, homemade custards, and homemade Hollandaise sauce can be contaminated with salmonella). {Commercially prepared products that contain eggs and egg products are pasteurized and are safe in pregnancy. Restaurants, as a rule, use only pasteurized eggs in their recipes.}
- Unpasteurized milk or milk products, including Feta Cheese, Brie, Camembert, Roquefort, Chihuahua Cheese, Mexican Cheese, Mexican Cheese dip, Queso Blanco, Queso Fresco, Panela, Gorgonzola, blue-veined cheese.
- Refrigerated pate and meat spreads (can be contaminated with listeria). Canned spreads are safe.
- Alcohol in any form.
- Unwashed vegetables (can be contaminated with toxoplasmosis).
- Clay, ice, corn starch, laundry starch (can be craved in pregnant women with pica and can lead to nutritional deficits, constipation, and anemia).



STATESBORO
WOMEN'S HEALTH
SPECIALISTS
Gary B. Sullivan MD, FACOG, FACS