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| **RAW, UNDERCOOKED, CONTAMINATED SEAFOOD**  **-Avoid raw fish and shellfish.** It's especially important to avoid oysters, clams, and mussels. Sashimi.  **-Avoid refrigerated smoked seafood, e. g. lox.** It's OK to eat smoked seafood if it's an ingredient in a casserole or other cooked dish. Canned and shelf-stable versions also are safe. (bad: nova style, kippered, or jerky)  **-Cook seafood properly.** Cook most fish to an internal temperature of 145 F (63 C). The fish is done when it separates into flakes and appears opaque throughout. Cook shrimp, lobster and scallops until they're milky white. Cook clams, mussels and oysters until their shells open. Discard any that don't open. | **MERCURY BAD**: swordfish, shark, king mackerel, tilefish  **(MERCURY) OKAY:** 12 oz/wk of shrimp, crab, canned light tuna (limit albacore tuna, chunk white tuna and tuna steak to no more than 6 ounces, or 170 grams, a week), salmon, Pollock, catfish, cod, tilapia  **UNPASTEURIZED CHEESES BAD:** brie, feta, Roquefort, gorgonzola, camembert, blue-veined, blue cheese, mexican-style cheeses (queso blanco, queso fresco, panela), danish blue, stilton, ricotta, chevre, taleggio. (If made with pasteurized milk, should be okay.) |
| **UNDERCOOKED MEAT, POULTRY, AND EGGS**  **-Fully cook all meats and poultry before eating.**  *Cook beef, veal, and lamb steaks and roasts to 145° F. Cook pork to 160° F. Cook all ground meats to 160° F.*  **-Cook hot dogs and processed deli meats, such as bologna, until they're steaming hot — or avoid them completely.**  **-Avoid refrigerated pates and meat spreads.** Canned and shelf-stable versions, however, are OK.  **-Don't buy raw poultry that's been pre-stuffed.** Raw juice that mixes with the stuffing can cause bacterial growth. Frozen poultry that's been pre-stuffed is safe when cooked from its frozen state.  **-Cook eggs until the egg yolks and whites are firm.** Avoid foods made with raw or partially cooked eggs, such as eggnog, raw batter, hollandaise sauce and Caesar salad dressing. | **CHEESES THAT ARE OKAY:** Austrian smoked, Babybel, Caerphilly, Cheddar, Cheshire, Colby, Derby, Double Gloucester, Edam, Emmental, English goat's cheddar, Gouda, Gruyere, Halloumi, Havarti, Jarlsberg, Lancashire, Manchego, Orkney, paneer, Parmesan, Pecorino (hard), Provolone, Red Leicester, Romano, Swiss, Tasty. **Soft and processed cheeses:** Boursin, cottage cheese, cream cheese, goat's cheese without a white rind, mascarpone, mozzarella, Philadelphia, processed cheese (such as cheese spread), Quark. **The following soft cheeses are safe if bought prepackaged and** not **from the delicatessen counter:** Bocconcini, Cacioccvallo, Mozzarella, Provolone, Scamorze. **Yoghurts (all varieties),** probiotic drinks, fromage frais, soured cream and crème fraîche - any variety, including natural, flavoured and biologically active - are all safe to eat. |
| **CAFFEINE:**  Limit to less than 200mg/day:  8oz Brewed coffee ~95-200mg  8oz Brewed coffee, decaf ~ 2-12mg  8oz Brewed black tea ~40-120mg  8oz Brewed tea decaf ~2-10mg  12oz cola ~35mg  Hershey’s Dark Chocolate 1.45 oz ~36-38mg  **MEDICATION BAD:** Accutane, anything with phenylephrine (Tylenol Allergy Multi-Symptom), Sudafed, claritin-D, Robitussin, Vicks Nyquil/Dayquil, etc.), PEPTO-BISMOL, ASPIRIN, Ibuprofin (Advil, Motrin, etc.), Aleve. Check with doctor first. | **OTHER BEVERAGES TO AVOID:**  **ALCOHOL.**  **SOME HERBAL TEAS.**  **UNPASTEURIZED JUICES.**  **Other/Notes:**  -Salads made in a store, such as ham salad, chicken salad, and seafood salad.  -Avoid large quantities of vitamin A (esp. liver)   |  |  | | --- | --- | | **Sources:**  Americanpregnancy.org  Babycenter.com | Mayoclinic.com  Webmd.com  Foodsafety.gov | |