

Foods to avoid

DURING PREGNANCY



Seafood

Avoid raw fish and limit fish that may be high in mercury example tuna, swordfish & mackerel.



Raw or undercooked foods

Avoid foods that may contain raw eggs (custard & mayonnaise), smoked food, unpasteurised milk, soft cheeses, liver products and deli meats.



Others

Alcohol (there is no known amount that is considered safe)
Caffeine (max 3 servings daily)
Sugary foods
Foods high in fat (fried foods)