

FOODS TO AVOID DURING PREGNANCY

FOOD CATEGORY	FOODS TO AVOID	REASON
Fish (high in mercury)	Shark, Swordfish, King Mackerel, Tilefish	High mercury levels can harm fetal development.
Raw/Undercooked Seafood	Sushi (with raw fish), raw oysters, clams, mussels	Risk of bacterial and parasitic infections.
Raw or Undercooked Meat	Rare or undercooked beef, poultry, pork	Potential exposure to Toxoplasma and Salmonella.
Deli Meats	Hot dogs, cold cuts, luncheon meats	Risk of Listeria contamination.
Unpasteurized Dairy	Unpasteurized milk, soft cheeses (e.g., brie, feta)	Risk of Listeria and other bacterial infections.

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Unwashed Fruits & Vegetables	Any unwashed produce	Potential exposure to Toxoplasma from soil.
Raw Eggs	Foods with raw eggs (e.g., homemade mayo, Caesar dressing, some desserts)	Risk of Salmonella.
Excessive Caffeine	Limit to 200 mg per day (about one 12-ounce coffee)	High caffeine intake may lead to miscarriage risk.
Alcohol	Beer, wine, spirits	Can cause fetal alcohol spectrum disorders.
Certain Herbal Teas	Avoid chamomile, licorice root, and certain medicinal herbs	Can have harmful effects on pregnancy.
High-Sugar or Processed Foods	Excessive sweets, sodas, junk food	May contribute to excessive weight gain.