

## Foods to avoid during Pregnancy



**Unpasteurised milk and dairy products** including soft- and mould-ripened cheese should be avoided to reduce the risk of exposure to the bacteria listeria that can be harmful to the developing baby.



**Cheeses** that are soft ripened like camembert, brie, goats, sheep and blue-veined like Danish blue and stilton should be avoided. However, cheddar, cottage, feta, mozzarella, ricotta and processed cheeses are all safe to eat, as they are made with pasteurised milk. Check the labels!



**Liver** should be avoided during pregnancy due its high vitamin A content. A pregnant mother does need some vitamin A, but having too much can cause it to build up in the body and this can be harmful to the baby.



**Pâté** can contain the bacteria listeria and this can be harmful to the baby. All types of pâté should be avoided.



**Raw eggs & food containing raw or partially-cooked eggs** should be avoided to reduce the risk of salmonella. Both the white and yolk should be solid.



**Homemade versions of mayonnaise and ice-cream** are usually made with raw eggs. But most commercially produced products of this type are made using pasteurised egg and therefore fine to eat (check the labels).



**Peanuts & peanut products** should be avoided if there is a history of allergic conditions such as asthma, hayfever or eczema in the family, as the baby may be at higher risk of developing a nut allergy.



**Shark, swordfish & marlin** should be avoided due to the high levels of mercury in these fish.



**Limit the amount of tuna** eaten during pregnancy to no more than 1 fresh tuna steak per week or 2 medium-size cans of tuna. At high levels, mercury can harm a baby's developing nervous system.



**Raw shellfish** can sometimes contain harmful bacteria and viruses that can cause food poisoning. Shellfish, including prawns that have been properly cooked and are part of a hot meal are fine to eat.



**Meat that has not been thoroughly cooked should be avoided, meat should be piping hot** all the way through with no pink meat left and frozen meat must be defrosted



**Undercooked ready meals should be avoided.** Ready meals and left over food should be heated until they are piping hot all the way through.

properly before cooking.



**Unwashed fruit, vegetables & salad should be avoided.** All fruit, vegetables and salads should be thoroughly washed before consumption, including pre-washed salad leaves.



**Alcohol:** Ideally it is best to completely avoid alcohol to eliminate any risk to the baby.



**Caffeine** intake should be limited. A pregnant mother should aim for no more than 4 cups per day of tea, coffee or caffeine containing drinks. Tea and coffee should be limited to in-between meals so that the absorption of iron from foods is not affected.



**Herbal tea** intake should be limited. A pregnant mother should not drink more than 2 cups per day and it is recommended to use tea bags and avoid making it too strong.



**Cat faeces & soil** commonly contains the organism *Toxoplasma Gondii*. When changing cat litter or out gardening a pregnant mother should wear disposable gloves and wash their hands afterwards to avoid contact. If infected, it can be harmful to the baby.