



## FOODS TO ASK YOUR DOCTOR ABOUT AVOIDING DURING PREGNANCY

FOOD TYPE	EXAMPLES
Meat & Poultry	Undercooked chicken, duck or other poultry. Raw or very rare meat.
Seafood	Any raw or undercooked seafood. For example, raw oysters, clams, ceviche or sushi. Large fishes such as shark, swordfish, tilefish and king mackerel.
Milk	Unpasteurized (raw) milk.
Eggs	Foods that contain raw eggs such as cookie dough.
Sprouts	Raw sprouts (alfalfa, clover, radish or mung bean sprouts)
Vegetables	Unwashed fresh vegetables, including lettuce and salads.
Cheese	Soft cheeses made from unpasteurized (raw) milk, such as Brie, Camembert, Feta, Blue-veined, and Queso fresco.
Hot Dogs & Deli Meats	Hot Dogs, deli and luncheon meats that have not been properly reheated.
Pâtés	Unpasteurized, refrigerated pâtés or meat spreads.