



## FOODS TO AVOID DURING PREGNANCY

- Deli meats (listeria)
- Raw meats (coliform bacteria, toxoplasmosis, and salmonella)
- Raw shellfish (algae-related infections)
- Raw eggs or foods containing raw eggs, like Caesar dressing (salmonella)
- Imported soft cheeses including: brie, camembert, Roquefort, feta, gorgonzola and Mexican style cheeses including queso blanco and queso fresco (listeria). Soft non-imported cheeses made with pasteurized milk are safe to eat.
- Unpasteurized milk (listeria)
- Paté (listeria)
- Fish caught in local waters that may be contaminated by industrial pollutants
- Avoid seafood containing mercury (those in the top table below), choosing from the lowest mercury table instead.
- Wash all veggies to avoid exposure to toxoplasmosis

Highest Mercury	High Mercury	Lower Mercury
Grouper Marlin Orange roughy Tilefish Swordfish Shark Mackerel (king)	Bass saltwater Croaker Halibut Tuna (canned, white albacore) Tuna (fresh bluefin, ahi) Sea trout Bluefish Lobster (American/Maine)	Carp Mahi Mahi Crab (dungeness) Snapper Crab (blue) Herring Crab (snow) Monkfish Perch (freshwater) Skate Cod Tuna (canned, chunk light) Tuna (fresh Pacific albacore)

Seafood that is LOWEST in mercury and safest for pregnancy/breastfeeding		
Anchovies Butterfish Calamari (squid) Caviar (farmed) Crab (king) Pollock Catfish Whitefish Perch (ocean)	Scallops Flounder Haddock Hake Herring Lobster (spiny/rock) Shad Sole Crawfish/crayfish	Salmon (wild) Shrimp Clams Tilapia Oysters Sardines Sturgeon (farmed) Trout (freshwater)