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Food Don'ts

PRINT-AND-GO GUIDE

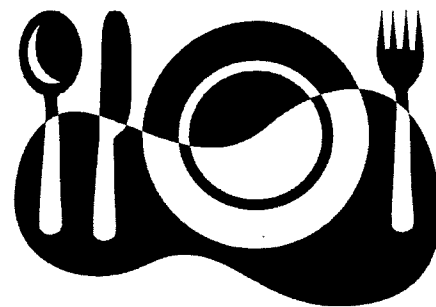
There are 3 main dangers lurking in the food pregnant women eat. They are:

- **Listeria** – a dangerous bacterium that can grow even in cold refrigerators.
- **Mercury** – a harmful metal found in high levels in some fish.
- **Toxoplasma** – a risky parasite found in undercooked meat and unwashed fruits and vegetables.

These things can cause serious illness or even death to you or your unborn baby.

Follow these food facts to help keep you and your baby healthy:

- **DON'T eat raw or undercooked meat, poultry, fish or shellfish** (sushi or sashimi).
- **DON'T eat swordfish, tilefish, king mackerel, and shark.**
- **DON'T eat refrigerated smoked seafood** like whitefish, salmon, and mackerel. These are usually labeled nova-style, lox, kippered, smoked, or jerky.



- **DON'T eat refrigerated pâtés or meat spreads.**
- **DON'T eat hot dogs and luncheon meats** — unless they're reheated until steaming hot.
- **DON'T eat soft cheeses** like feta, brie, camembert, "blue-veined cheeses," "queso blanco," "queso fresco," and Panela unless the label says they are pasteurized or made from pasteurized milk.
- **DON'T drink raw or unpasteurized milk or juice** or eat foods that contain unpasteurized milk.
- **DON'T eat unwashed fruits and vegetables.**
- **DON'T eat raw sprouts of any kind** (including alfalfa, clover, radish, and mung bean).

Source: U.S. Food and Drug Administration; Center for Food Safety and Applied Nutrition

Content last updated September 27, 2010.

Protect Your Baby and Yourself From Listeriosis



Pregnant women are at high risk for getting sick from *Listeria*, harmful bacteria found in many foods. *Listeria* can cause a disease called listeriosis. Listeriosis can result in miscarriage, premature delivery, serious sickness, or the death of a newborn baby. If you are pregnant, you need to know what foods are safe to eat.

How do I know if I have listeriosis?

Because the illness could take weeks to show up, you may not know you have it.

Early signs may include fever, chills, muscle aches, diarrhea, and upset stomach.

At first, you may feel like you have the flu. Later on, you could have a stiff neck, headache, convulsions, or lose your balance.

Every year, 2,500 Americans become sick from listeriosis; 1 out of 5 die from the illness.

What should I do if I think I have listeriosis?

Call your doctor, nurse, or health clinic if you have any of these signs. If you have listeriosis, your doctor can treat you.

Fight Bacteria—Fight BAC!®

1 Clean: Wash hands often with soap and warm water. Use clean dishes, spoons, knives, and forks. Wash countertops with hot soapy water and clean up spills right away.

2 Separate: Keep raw meat, fish, and poultry away from other food that will not be cooked.

3 Cook: Cook food to a safe minimum internal temperature. Check with a food thermometer.

4 Chill: Refrigerate or freeze within 2 hours—refrigerate or freeze within 1 hour in hot weather (above 90 °F). Don't leave meat, fish, poultry, or cooked food sitting out.

What can I do to keep my food safe?

■ *Listeria* can grow in the refrigerator. The refrigerator should be 40 °F or lower, and the freezer 0 °F or lower. Use a refrigerator thermometer to check your refrigerator's inside temperature.

■ Clean up all spills in your refrigerator right away—especially juices from hot dog packages or raw meat or chicken/turkey.

■ Clean the inside walls and shelves of your refrigerator with hot water and liquid soap, then rinse.

■ Use precooked or ready-to-eat food as soon as you can. Don't store it in the refrigerator too long.

■ Wash your hands after you touch hot dogs, raw meat, chicken, turkey, or seafood or their juices.

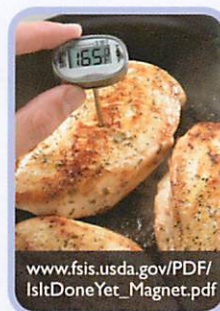
For more information about food safety and recommended meat and poultry temperatures:

**U.S. Department of Agriculture
Food Safety and Inspection Service**

www.fsis.usda.gov

**USDA Meat and Poultry Hotline
1-888-MPHotline**
(toll-free nationwide)
or 1-888-674-6854
TTY: 1-800-256-7072

AskKaren.gov



www.fsis.usda.gov/PDF/IsItDoneYet_Magnet.pdf

What can I do to keep my baby and myself safe from listeriosis?

■ **Do not eat** hot dogs, luncheon meats, bologna, or other deli meats **unless** they are reheated until steaming hot.

■ **Do not eat** refrigerated pâté, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store. Foods that don't need refrigeration, like canned tuna and canned salmon, are okay to eat. Refrigerate after opening.

■ **Do not drink** raw (unpasteurized) milk and do not eat foods that have unpasteurized milk in them.

■ **Do not eat** salads made in the store such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.

■ **Do not eat** soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, and Panela **unless** it is labeled as made with pasteurized milk. Make sure the label says, "MADE WITH PASTEURIZED MILK."



Guidelines for Fish Consumption in Pregnancy

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high-quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. Women and young children in particular should include fish or shellfish in their diets due to the many nutritional benefits.

However, nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system. The risks from mercury in fish and shellfish depend on the amount eaten and the levels of mercury. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish and eat fish and shellfish that are lower in mercury.

In addition: Sushi, sashimi, and other raw seafoods are not safe during pregnancy.

LEAST MERCURY - Enjoy these fish:		
<ul style="list-style-type: none"> ▪ Anchovies ▪ Butterfish ▪ Catfish ▪ Clams ▪ Crab (Domestic) ▪ Crawfish/Crayfish ▪ Croaker (Atlantic) ▪ Flounder ▪ Haddock (Atlantic) ▪ Hake 	<ul style="list-style-type: none"> ▪ Herring ▪ Mackerel (N. Atlantic) ▪ Mullet ▪ Oysters (cooked) ▪ Perch (Ocean) ▪ Plaice ▪ Pollock ▪ Salmon ▪ Sardines 	<ul style="list-style-type: none"> ▪ Scallops ▪ Shad (American) ▪ Shrimp ▪ Sole (Pacific) ▪ Squid (Calaman) ▪ Tilapia ▪ Trout (Freshwater) ▪ Whitefish ▪ Whiting

MODERATE MERCURY - Eat six servings or less per month:	
<ul style="list-style-type: none"> ▪ Bass (Striped, Black) ▪ Carp ▪ Cod (Alaskan) ▪ Croaker (White Pacific) ▪ Halibut (Atlantic / Pacific) ▪ Jacksmelt (Silverside) ▪ Lobster ▪ Mahi Mahi 	<ul style="list-style-type: none"> ▪ Monkfish ▪ Perch (Freshwater) ▪ Sablefish ▪ Sea Trout ▪ Skate ▪ Snapper ▪ Tuna (Canned chunk light) ▪ Tuna (Skipjack)

HIGH MERCURY - Eat three servings or less per month:	
<ul style="list-style-type: none"> ▪ Bluefish ▪ Grouper ▪ Mackerel (Spanish, Gulf) 	<ul style="list-style-type: none"> ▪ Sea Bass (Chilean) ▪ Tuna (Canned Albacore) ▪ Tuna (Yellowfin)

HIGHEST MERCURY - AVOID EATING:	
<ul style="list-style-type: none"> ▪ Mackerel (King) ▪ Marlin ▪ Orange Roughy 	<ul style="list-style-type: none"> ▪ Shark ▪ Swordfish ▪ Tilefish ▪ Tuna (Bigeye, Ahi)

Sources: Natural Resources Defense Council - <http://www.nrdc.org/health/effects/mercury/guide.asp>
 and U.S. FDA - <http://www.fda.gov/food/resourcesforyou/consumers/ucm110591.htm>