



FOODS TO AVOID IN PREGNANCY

JUST SAY NO

- Soft blue-veined cheese *Gorgonzola, Danish blue etc* (listeria risk)
- Soft rinded cheeses: *Brie, Camembert, goats cheese* (listeria)
- Unpasteurised milk products
- Pates (meat & vegetable pates) & cold cuts of meat (listeria)
- Raw or undercooked meat, fish & eggs (salmonella, toxoplasmosis, E. coli)
- Fresh tuna, marlin, swordfish, shark (mercury)
- Sea bass, sea bream, turbot, halibut, Cornish crab (high in PCBs)
- Salmon: ideally wild or organic & no more than x2/week (mercury)
- Shellfish
- Green or sprouting potatoes (alkaloids are linked to miscarriage)
- Fresh ice cream (listeria)
- Careful around barbecues that food is thoroughly cooked & not left to sit around
- Bagged salad (E coli & toxoplasmosis)