



Avoid Before and During Pregnancy

- Smoking
- Alcohol
- Raw or undercooked meat or eggs
- Raw vegetable sprouts
- Unpasteurized juices
- Hot dogs, lunch meats, or deli meats, unless they are heated to steaming hot
- Prepared salads (ham, chicken, tuna, seafood, egg salads)
- Sushi, raw fish
- Liver
- Certain fish (see FDA guidelines on page 6)
- Soft cheeses (feta, brie, bleu, queso fresco, blue-veined cheeses)
*unless the label clearly states they are made with pasteurized milk
- Unpasteurized milk or dairy products
- Refrigerated meat spreads (canned are OK)
- Refrigerated smoked seafood (nova, lox, kippered, smoked, jerked)
- Caffeine in large amounts
- X-rays
- Aspirin or ibuprofen (Tylenol is OK)
- Any street drugs, steroids, or hormones
- Large doses of vitamin A
- Pesticides, herbicides, insecticides
- Fumes from paints, thinners, solvents, varnishes, glues, etc
- Contact with bird or cat feces
- Contact with rodents, their droppings or nesting materials (including pets)
- Prolonged hot tub or sauna use