









Foods to Avoid During Pregnancy

	RISKIER CHOICE	SAFER CHOICE
 Poultry & Meat	<ul style="list-style-type: none"> • Raw or undercooked poultry or meat • Unheated deli meat, hot dogs, and dry sausages 	<ul style="list-style-type: none"> • Poultry fully-cooked to an internal temperature of 165°F, or until steaming hot • Deli meat, hot dogs, and dry sausages cooked to 165°F, or until steaming hot • Whole cut meat fully-cooked to 145°F, or until steaming hot • Ground meat fully-cooked to 160°F, or browned throughout
 Seafood	<ul style="list-style-type: none"> • Raw or undercooked fish or shellfish • Refrigerated smoked seafood • Fish that contain high amounts of mercury (such as: shark, swordfish, king mackerel, tilefish) 	<ul style="list-style-type: none"> • Fish cooked to 145°F, or until steaming hot • Canned fish and seafood • Shellfish cooked until shells open during cooking or flesh is white and opaque • Fish that contain low amounts of mercury, such as: shrimp, salmon, pollock, catfish • Smoked fish cooked into dishes that are steaming hot
 Cheese	<ul style="list-style-type: none"> • Soft cheeses made from unpasteurized milk • Unheated sliced deli cheese 	<ul style="list-style-type: none"> • Hard cheeses (cheddar, swiss, etc.), cottage, cream, string, and feta cheeses • Soft cheeses and deli cheeses heated to 165°F, or until steaming hot
 Eggs	<ul style="list-style-type: none"> • Raw or undercooked (runny) eggs and foods that contain raw or undercooked eggs, such as raw batter, Caesar dressing, and homemade eggnog 	<ul style="list-style-type: none"> • Eggs with fully cooked and firm yolks and whites • Egg dishes (quiche, frittata, etc.) cooked to an internal temperature of 165°F, or until steaming hot • Using pasteurized eggs for uncooked foods with eggs (salad dressing, mousse, etc.)
 Produce	<ul style="list-style-type: none"> • Cooked, steaming hot sprouts • Washed vegetables and fruits (washed and then cooked are safest) • Freshly cut melon 	<ul style="list-style-type: none"> • Cooked, steaming hot sprouts • Washed vegetables and fruits • Freshly cut melon
 Dairy & Juice	<ul style="list-style-type: none"> • Unpasteurized milk and any unpasteurized milk-based products • Unpasteurized juice 	<ul style="list-style-type: none"> • Pasteurized milk and milk-based products • Pasteurized juice
 Deli Salads	<ul style="list-style-type: none"> • Premade salads • Coleslaw • Potato salad • Chicken salad 	<ul style="list-style-type: none"> • Make the salad at home with trusted ingredients
 Flour	<ul style="list-style-type: none"> • Raw dough or raw batter made with uncooked flour 	<ul style="list-style-type: none"> • Food made with flour that is cooked, dough/batter made with heat-treated flour and pasteurized eggs, and dough/batter labeled “edible” or “safe to eat raw”

Learn more about additional **available resources** to help you during pregnancy.

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