

Food Safety in Pregnancy

THESE ARE SOME GENERAL GUIDELINES TO HELP YOU WITH FOOD CHOICES IN PREGNANCY.

- Avoid fish that has high levels of mercury such as Shark, Swordfish, King Mackerel, Tilefish, Golden or White snapper and Fresh Tuna, limit canned tuna to once per week. Do not eat raw fish.
- Avoid raw or undercooked foods: eggs, shellfish, meat and sushi (unless it is all vegetable or has cooked seafood)
- Avoid unpasteurized cheeses such as Soft cheeses made from unpasteurized milk, including Brie, feta, Camembert, Roquefort, queso blanco, and queso fresco,
- Avoid unpasteurized milk, or juices
- Avoid raw sprouts (unless sprouted at home)
- Avoid herbal supplements unless discussed with your doctor or nurse practitioner
- Limit highly processed/preserved meats that contain high levels of nitrates and sodium like hotdogs and deli/lunch meats (when eaten these foods should be thoroughly heated)
- Limit Caffeine (no more than 2 servings per day)

Do Eat:

The first few months of pregnancy can be challenging when it comes to food choices. During this time try to eat whatever your body can tolerate and stay hydrated, once the nausea that can be associated with early pregnancy resolves follow these guidelines.

- A minimum of 60 grams of protein per day
- 1500 mg of Calcium a day. This can include 5 servings of milk, cheese, yogurt, or calcium supplements (5 Tums)
- At least five servings of fruits and vegetables a day
- Try to drink 64 oz. of water a day. Limit soda and juice.
- Remember to take your prenatal vitamin (If unable to tolerate your prenatal vitamin try a children's chewable or gummy vitamins)