

# Foods to avoid during pregnancy

It can be nerve-wrecking trying to remember all of the do's and don'ts. Here's a quick list to make that more simple...



- ☐ Fish exposed to industrial pollutants
- ☐ Raw or undercooked eggs
- ☐ Raw meat and poultry
- ☐ Raw shellfish
- ☐ Fish containing mercury
- ☐ Deli meats
- ☐ Soft cheeses
- ☐ Unwashed fruits & vegetables
- ☐ Unpasteurized milk
- ☐ Raw sprouts
- ☐ Certain fruits & vegetables like papaya, black grapes, pineapple, cabbage & lettuce, eggplant
- ☐ Foods that cause allergy
- ☐ Excess caffeine
- ☐ Restaurant-made salads
- ☐ Unpasteurized juices
- ☐ Herbal teas & supplements
- ☐ Canned foods like fruits, vegetables, sodas, pasta, soup, tuna
- ☐ Nitrate-rich foods like cured sandwich meats, bacon, deli meats, sausages, salami, and hot dogs

- ☐ Sugar-rich foods like desserts, candies, cakes, ice creams, biscuits, chocolates, and sweetened beverages
- ☐ Street foods! Avoid hot dogs, burritos, churros, cotton candy, soft pretzels, etc.
- ☐ Fatty foods like general fast food, processed food, and takeaways like crackers, cookies, frozen pizza, fried foods, margarine, and frosting
- ☐ Artificial sweeteners
- ☐ Homemade goodies - don't eat raw cookie dough, and stay away from homemade ice cream
- ☐ Excess of vitamins (best to consult your doc on this)
- ☐ Licorice
- ☐ Smoked Seafood
- ☐ Leftovers - this includes cold foods or foods that have been left at room temperature for more than a couple of hours (they could now contain bacteria)

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