

Foods to avoid

Staying healthy during pregnancy



Some foods have germs or things that can make you or your baby sick.

Your baby gets nutrition from the foods you eat. Help your baby grow strong and healthy by choosing good foods to eat every day.

Avoid these foods to keep you and your baby healthy.

Foods to avoid	How much is safe?	How often can I eat this?	Notes
Raw meat or fish	None	Never	
Non-pasteurized milk or juice	None	Never	Look for “pasteurized” on the label.
Shark, Swordfish, king mackerel, tile fish	None	Never	
Shrimp, salmon, pollock, catfish	12 ounces	Weekly	
Canned tuna	6 ounces	Weekly	
Coffee or other caffeine drinks	200 milligrams (about 12 oz of coffee)	Daily	Read labels to check for caffeine.
Non-food items (clay, chalk, dirt)	None	Never	If you crave non-food items, talk to your provider.

Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English: **(888) 275-8750**

Español: **(866) 648-3537**

TTY: **(866) 735-2922**



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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call (866) 472-4585 (TTY: 711). ATENCION: si habla espanol, tiene a su disposici6n servicios gratuitos de asistencia linguf stica. Lia me al (866) 472-4585 (TTY: 711). ATANSYON: Si w pale Kreyol Ayisyen, gen sevis ed pou long ki disponib gratis pou ou. Rele (866) 472-4585 (TTY: 711).