



M. Catherine Slusher, MD
Stephanie Scheidt, MD
Danielle Wells, FNP
Eleanor Colmenares, CNM

LaDene King, MD
Daniel Weinberg, MD
Shannon Ikenberry, WHNP
Kim Kelstone, CNM

Bryan Maxwell, DO
Sherry Mongold, FNP
Whitney Eberly, FNP
Bree Moses, CNM

Food Don'ts During Pregnancy

There are 3 main dangers lurking in the food pregnant women eat. There are:

1. **Listeria** – a dangerous bacterium that can grow even in cold refrigerators.
2. **Mercury** – a harmful metal found in high levels in some fish.
3. **Toxoplasma** – a risky parasite found in undercooked meat and unwashed fruits and vegetables.

These things can cause serious illness or even death to you or your unborn baby. Follow these food facts to keep you and your baby healthy:

- **DON'T** eat raw or undercooked meat, poultry, fish or shellfish (sushi or sashimi).
- **DON'T** eat swordfish, tilefish, king mackerel, and shark.
- **DON'T** eat refrigerated smoked seafood like whitefish, salmon, and mackerel. These are usually labeled nova-style, lox, kippered, smoked or jerky.
- **DON'T** eat refrigerated pâtés or meat spreads.
- **DON'T** eat hot dogs and luncheon meats – unless they're reheated until steaming hot.
- **DON'T** eat soft cheeses like feta, brie, camembert, "blue-veined cheeses", "queso blanco", "queso fresco", and Panela unless the label says they are pasteurized or made from pasteurized milk.
- **DON'T** drink raw or unpasteurized milk or juice or eat foods that contain unpasteurized milk.
- **DON'T** eat unwashed fruits and vegetables.
- **DON'T** eat raw sprouts of any kind (including alfalfa, clover, radish and mung bean).

Source: U.S. Food and Drug Administration; Center for Food Safety and Applied Nutrition

2291 Evelyn Byrd Avenue
Harrisonburg, Virginia 22801
540.434.3831
www.harrisonburgobgyn.com