

# Foods to Avoid During Pregnancy



- ✓ Raw eggs (sometimes found in Caesar salad dressing)
- ✓ Soft cheeses such as Brie, Camembert, Feta and any other cheese made with inadequately pasteurized milk can harbor the bacteria Listeria. This type of bacteria has the ability to cross the placenta and infect the fetus. Listeriosis has been known to cause miscarriage premature birth and blood poisoning.
- ✓ Vegetables that are not washed have the potential to transmit toxoplasmosis, since this parasite can contaminate the soil in which vegetables are grown.
- ✓ Alfalfa sprouts (often contaminated with E. coli)
- ✓ Cured meats salami, hot dogs, procciuutto, processed lunch meat can also harbor the bacteria Listeria, and also contain excess Nitrates.
- ✓ Herbal teas like raspberry, black cohosh, slippery elm, ginseng and green tea
- ✓ Foods with MSG additive can cause headaches and stomach upset
- ✓ Artificial food coloring blue 1, blue 2, green 3, red 3 and yellow 6 have been linked to hyperactivity and ADHD
- ✓ Olestra (olean)
- ✓ Saccharin

If you have any questions regarding these or any other foods, please call FMCC.



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