



What You Should Avoid When You Are Pregnant

What to avoid when you are pregnant!

- Medications that are not approved by your doctor or midwife.
- Alcohol and drugs.
- Tobacco smoke.
- Raw (unpasteurized) milk and cheeses made with raw milk.



AVOID!

- Sources of food poisoning that may cause listeriosis (serious infection caused by the germ *Listeria*) or toxoplasmosis infection (caused by a parasite called *Toxoplasma gondii*).
 - Raw meat
 - Raw poultry
 - Raw seafood
 - Unwashed fruits or vegetables
 - Cat feces or outdoor soil that cats commonly use



What to avoid when you are pregnant!

- Hazardous chemicals, radiation, and certain cosmetic products.
- Caffeine (or limit your intake to 1 cup of coffee or tea each day).
- Things that raise your core body temperature, such as doing hot yoga or using hot tubs and saunas.



AVOID!

- Fish that contain high levels of mercury, such as:
 - Shark
 - Swordfish
 - King mackerel
 - Marlin
 - Orange roughy
 - Bigeye tuna
 - Tilefish from the Gulf of Mexico.

