

Foods to avoid during pregnancy

ALIMA PRÉSENTE

nourrir
la vie

PARTIALLY COOKED OR RAW FOODS

- **THOROUGHLY WASH** all fresh fruits and vegetables prior to consumption.
- **Heat** frozen vegetables prior to consumption



Raw meat, raw fish, raw or partially cooked eggs.



ALCOHOL



AVOID
ALCOHOL CONSUMPTION
SHOULD ALWAYS BE AVOIDED
DURING PREGNANCY.

There is **NO** minimal amount of alcohol that has been proven to be safe during pregnancy.



CHEESE

AVOID semi-soft, hard, blue, and molded-rind cheese, unless used in a dish that will be **COOKED AT A HIGH TEMPERATURE** (74° C or higher) which will kill potentially hazardous bacteria.



SAFE FOR CONSUMPTION

- Cheese spreads (e.g., Philadelphia)
- Fresh cheeses made from pasteurized milk (e.g., cottage, ricotta)
- Hard cheeses made from pasteurized milk (e.g., cheddar, mozzarella, Gouda, Swiss or curds).
- Processed cheeses (e.g., Kraft Singles).
- Parmesan or Romano made from pasteurized OR unpasteurized milk



AVOID, or cook (at 74° C or higher) prior to consumption

- Soft cheeses made from pasteurized, unpasteurized or raw cow or goat's milk (e.g. feta).
- Most hard cheeses made from raw or unpasteurized milk.
- Blue cheeses (e.g. Roquefort)
- Cheeses with a bloomy rind (e.g., camembert or brie)
- Semi-soft cheeses, even if made from pasteurized milk (e.g., Saint-Paulin or havarti)



FISH AND MERCURY

Consume at least **2 SERVINGS OF 150G OF FISH** per week.



FAVOUR

- Anglerfish
- Atlantic mackerel
- Arctic char
- Carp
- Pacific cod
- Herring
- Mahi-mahi
- Salmon
- Sardines
- Sole
- Smelt
- Sprat
- Light canned tuna
- Tilapia
- Trout
- Turbot



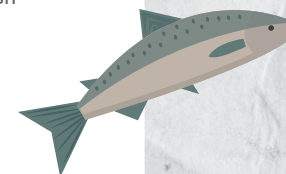
LIMIT

- Escolar
- Orange roughy
- Marlin
- White tuna
- Fresh or frozen tuna



AVOID

- Bass, halibut
- Grouper
- Lake and river fish
- Smoked or raw fish (raw sushi, ceviche, tartar)
- Monkfish
- Pike
- Shark
- Swordfish
- Redfish
- Walleye



SEAFOOD

COOK fresh or frozen seafood to at least **74°C**. When properly cooked, flesh should be colored and opaque (for crab, lobster, shrimp etc). In case of mussels and clams, shells have to open during the cooking process.



FAVOUR

- **Smoked canned seafood** is a safe option.



AVOID

- **Raw or refrigerated** smoked seafood. Molluscs with broken shells or shells that don't close before cooking.



For more tools, visit
www.centrealima.ca

CAFFEINE

! **LIMIT** consumption of caffeine to a maximum of 300 mg per day

- 1 cup (250 mL) of percolated coffee or filtered coffee
- 1 cup (250 ml) of tea made from tea leaves or tea bags
- 1 oz (30 ml) of espresso
- 1 can (355 ml) of coca cola
- 1 cup (250 ml) of chocolate milk
- 1 oz (28 g) of dark chocolate



103-200 mg
~ 50 mg
30-90 mg
36-46 mg
~ 8 mg
~ 7 mg

For example: 1 cup of filtered coffee + 1 cup of green tea + 1 shot of espresso = 299 mg of caffeine

ENERGY DRINKS



! **AVOID**

ENERGY DRINKS SHOULD BE AVOIDED during pregnancy and breastfeeding. Examples : Red Bull®, Rock Star, Monster, and others.

HERBAL AND OTHER TEAS

! **SAFE FOR CONSUMPTION (UP TO 2 - 3 CUPS PER DAY) :**

Green tea , black tea, orange or citrus peels, echinacea, peppermint, nettle, ginger.



! Remember to **CAREFULLY READ THE FOOD LABEL** to identify what type of herbs are present in the infusion.

! **AVOID**

- | | | | |
|------------------------|-----------------------|------------------|----------------------------|
| • Cascara Sagrada | • Juniper | • Pennyroyal | • Alexandria senna |
| • Symphytum | • Ginko | • St-John's Wort | • Labrador tea |
| • Eletherococcus | • Ginseng | • Buckthorn | • Arbovitae (or cedar) |
| • Mexican tea | • Feverfew | • Passionflower | • Thyme |
| • Ephedra | • Tea tree oil | • Parsley | • Uva-ursi (or, bearberry) |
| • White willow extract | • Canadian Goldenseal | • Butterbur | • Verbena |
| • Fenugreek | • Kava | • Primros | |
| • Raspberry leaves | • Lovage | • Tussilago | |
| • Papaya leaves | • Lobelias | • Liquorice | |
| • Chaste tree | • White horehound | • Sassafras | |
| | | • Sage | |

SWEETENERS

Consume in **MODERATION**: Sweeteners should never replace foods or beverages that provide a good source of energy and nutrients. Remember to carefully read the food label in order to identify the type of sweetener found in the product.

! **SAFE FOR CONSUMPTION**

- Acesulfame potassium
- Aspartame (Equal®, Nutrasweet®)
- Saccharin (Hermesetas®)
- Sucralose (Splenda®)
- Sugar alcohols (xylitol, maltitol, sorbitol, etc.)
- Steviol glycosides (Stevia, Truvia, Krisda, Pure Via).
- All cyclamates (Sucaryl®, Sugar Twin®, Sweet'N Low® and other brands).



**According to Diabetes Quebec, acesulfame potassium, aspartame and sucralose are safe choices during pregnancy.*

DELI MEATS

Deli meats that have been salted and dried are safe for consumption. Those that were **NOT DRIED SHOULD BE AVOIDED**, unless cooked at high temperature (74° C and above) in order to kill potentially hazardous organisms.

! **SAFE FOR CONSUMPTION**

- Pepperoni
- Canned spreads
- Salami

! **AVOID**

- Refrigerated pâtés and meat spreads
- sold at grocery stores are not recommended.

! **TO BE HEATED OR COOKED PRIOR TO CONSUMPTION**

- Mortadella
- Smoked sausage (e.g., hot dog), roast beef, turkey breast or sliced ham.

