

# *Food Guidelines in Pregnancy*

- Up to 12 ounces (or two average meals) of shrimp, canned light tuna, salmon, Pollock or catfish is allowed per week.
- No shark, swordfish, king mackerel, Spanish mackerel, grouper, tuna steak, bass, marlin or tile fish.
- No smoked seafood.
- No unpasteurized juices.
- No Sushi.
- No unpasteurized soft cheeses. (brie, feta, blue, gorgonzola)
- No raw meat. (steak tartar)
- No raw or uncooked eggs.
- All luncheon meat or hot dogs should be heated to steaming due to the risk of listeria bacteria.