

What to Eat and What to Avoid During Pregnancy

During pregnancy, expectant mothers must eat appropriate foods, to avoid food poisoning and to protect their baby.



Replace

Raw or undercooked meat and poultry
E.g. tartare, rare meat, hotdogs



Liver

Raw fish and seafood
E.g. sushi, tartare, ceviche

Refrigerated smoked seafood
E.g. smoked salmon

Large fish (contain a lot of mercury)
E.g. tuna,* shark, swordfish, marlin
*Canned light tuna is safe

Raw or partly cooked eggs
E.g. runny yolk, homemade mousse, meringue,
homemade Caesar dressing, homemade mayonnaise,
raw cookie dough



Deli meats
E.g. sandwich meats, jam, bacon, bologna

Refrigerated meat spreads
E.g. refrigerated liver pâté, cretons

Unwashed fruits and vegetables



Raw shoots and sprouts
E.g. bean sprouts, alfalfa sprouts, radish sprouts

Cheeses:
- soft (e.g. Camembert, Brie, feta)
- semi-soft (e.g. Saint-Paulin, Havarti)
- blue cheeses



With

Properly cooked meat and poultry
See Health Canada's [Safe Cooking Temperatures](#)

Eating liver is not recommended during pregnancy

Cooked fish and seafood
E.g. oysters, clams and mussels cooked until
the shell opens



Smoked cooked fish and seafood or those
that must be refrigerated only after opening

Small fish rich in omega-3
E.g. trout, salmon, mackerel, sardines, herring



Well-cooked eggs (yolk should be hard)

Foods made with pasteurized eggs
E.g. pasteurized liquid eggs or egg whites, for recipes
that call for raw eggs

Deli meats heated until they are smoking

Dried, salted meats
E.g. salami, pepperoni



Pâtés that must be refrigerated only after opening
E.g. canned liver pâté

Fresh fruits and vegetables washed under
running water, and scrubbed with a brush
for firm-skinned fruits and vegetables



Cooked or canned shoots and sprouts

Cheeses:
- hard, pasteurized (e.g. cheddar, Gouda)
- hard (e.g. Parmesan, Romano)
- Fresh pasteurized (e.g. cottage, ricotta)
- melted or spreadable, pasteurized

Cooked cheeses



What about drinks?

Replace these risky beverages

Raw or unpasteurized milk

Unpasteurized juice

Alcoholic drinks

Kombucha

Energy drinks

Herbal teas made with:
chamomile, aloe leaves, coltsfoot, juniper berries,
pennyroyal, buckthorn bark, comfrey, Labrador tea,
sassafras, yellow dock root, lobelia, senna leaves, etc.

With these safe beverages

Pasteurized milk

Juices that are pasteurized or heated
to boiling point

Alcohol-free drinks
E.g. mocktails, flavoured water, sparkling water

Herbal teas* made with:
orange and citrus peel, ginger, rosehips

*Drink in moderation (2 to 3 cups per day)

Caffeine

Caffeine should be **limited to 300 mg per day**. This means 2 cups (**500 ml**) of **coffee** or **6 cups of tea per day**.

Don't forget to take into consideration that some foods contain caffeine.

Food	Caffeine
1 cup of filter coffee (250 ml)	100 to 200 mg
1 cup of instant coffee (250 ml)	50 to 100 mg
1 espresso (30 ml)	40 mg
1 cup of tea (250 ml)	50 mg
1 can of soft drink (355 ml) E.g. cola	40 mg
1 cup of chocolate milk (250 ml)	5 mg
1 piece of dark chocolate (45 g)	30 mg

