Foods to Skip While Pregnant

Content courtesy of WIC Arizona. This institution is an equal opportunity provider.

- Alcohol (beer, wine, liquor, mixed drinks, & malted drinks)
- Raw/Rare/Undercooked Beef, Seafood, Shellfish, Pork, Eggs, & Poultry
- Refrigerated Deli Meats
  If you plan to eat deli meats, be sure to reheat until 165°F. Caned or shelf-stable pâté or meat spreads are safe to enjoy.
- Fish High in Mercury
  Swordfish, king mackerel, tilefish, shark, marlin, big eye tuna, and orange roughy. Check recommendations for eating fish at fda.gov/fishadvice.
- Caffeine
  Ask your health care provider about consuming caffeine in coffee, tea, and soda.
- Unpasteurized cheeses, milk, and juice
  Milk from the grocery store is pasteurized. All WIC approved juices are pasteurized. Be sure to check the labels on softer cheeses to check if they are pasteurized.

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