

# Foods to **SKIP ▶** While Pregnant

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- ▶ **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. Canned 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](https://www.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.