



Carolinan HealthCare System  
Charlotte OB/GYN

# FOODS TO AVOID OR LIMIT DURING PREGNANCY

## • **FOODS TO AVOID**

- Shark
- Swordfish
- Tilefish
- King Mackerel
- Tuna Steak
- All non-pasteurized soft cheeses and drinks (i.e. brie, feta, etc.)

## • **FOODS TO LIMIT**

- Packaged Lunch Meats (once/twice weekly)
- Hot Dogs (once/twice weekly – must be cooked thoroughly)
- Canned Tuna
- Caffeine/Nutrasweet

*704/446-1700*

Morehead Medical Plaza  
1025 Morehead Medical Dr., Suite 400  
Charlotte, NC 28204

Arboretum Prof. Park  
7810 Providence Rd., Suite 101  
Charlotte, NC 28226

CMC-Huntersville  
16455 Statesville Rd., Suite 480  
Huntersville, NC 28078

Morrocroft Medical Plaza  
4525 Cameron Valley Pkwy., Suite 2500  
Charlotte, NC 28211