



Carolinan HealthCare System

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