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

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