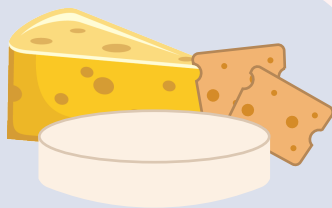


Guide to food and drink during pregnancy



Cheese



✓ Yes

- Cheddar
- Parmesan
- Stilton
- Cottage cheese (pasteurised)
- Mozzarella (pasteurised)
- Cream cheese (pasteurised)
- Paneer (pasteurised)
- Halloumi (pasteurised)
- Goat's cheese (pasteurised)
- Processed cheese

✗ No

- Brie
- Camembert
- Feta
- Ricotta
- Blue cheese
- Gorgonzola
- Chevre
- Any unpasteurised cheese
- Imported cheeses

Dairy and eggs



✓ Yes

- Pasteurised milk
- Yoghurt (pasteurised)
- Cooked eggs
- Fried eggs
- Scrambled eggs
- Quiche
- Commercial mayonnaise and aoli

✗ No

- Unpasteurised milk and milk product
- Soft serve ice cream
- Uncooked eggs
- Homemade mayonnaise, aioli or caesar dressing
- Homemade chocolate mousse
- Cake batter
- Pancake batter

Meat and poultry



✓ Yes

- Beef
- Chicken
- Lamb
- Pork
- Sausages
- Mince
- Deli cuts (such as ham, chorizo, salami)
 - only if cooked fresh and eaten hot
- Hot take-away chicken
 - purchase fresh and eaten hot

✗ No

- Cold cut meats (such as ham, salami) from deli, salad bar, takeaway
- Cold chicken or turkey (from salad or sandwich shop)
- Stuffing
- Liver and liver products
- Pate and meat spreads

Fruits, vegetables and nuts



✓ Yes

- Whole fresh fruit, vegetables and herbs (thoroughly washed to remove all traces of dirt)
- Legumes (such as beans, peas and lentils)
- Nuts (unless already allergic)

✗ No

- Raw sprouts (alfalfa, radish, mung beans, soybeans)
- Rockmelon
- Prepackaged salads and fruit salads
- Ready-made salads (buffets and salad bars)

Fish and seafood



✓ Yes

- Cooked fish and seafood
- Shark/flake, marlin or broadbill/swordfish*
- Deep sea perch or catfish**

* no more than 100g (cooked) per fortnight, with no other fish that fortnight
 ** no more than 100g (cooked) per week, with no other fish that week

✗ No

- Raw fish
- Raw seafood
- Chilled peeled prawns
- Sushi - raw fish and seafood
- Oysters

Drink



✓ Yes

- Coffee (limit intake)
- Tea (contains caffeine, limit intake)
- Soft drink (limit sugar intake)
- Juice
- Milk pasteurised
- Mineral water

✗ No

- Alcohol
- Unpasteurised milk
- Unpasteurised juice
- Energy drinks
- Herbal teas (caution)