

Foods to avoid or take care with during pregnancy		
Food	Examples	Reasons to avoid, take care with
Soft cheeses with white rinds (mould-ripened)	Brie, camembert.	Tend to be unpasteurised.
Soft blue-veined cheeses	Danish blue, gorgonzola, Roquefort.	Less acidic than hard cheeses and contain more moisture, which means they can be an ideal environment for harmful bacteria, such as listeria, to grow in.
Pâté	Meat pâtés, vegetable pâtés.	They can contain listeria. They may contain a lot of vitamin A. Too much vitamin A can harm the baby.
Eggs	Raw or partially cooked.	To prevent the risk of salmonella food poisoning.
Goats' or sheep's milk	Unpasteurised milk or any foods made from them.	Because raw milk is not pasteurised, it can carry disease-causing microbes.
Foods with soil on them	Vegetables, fruit, salad.	Increased risk of e-coli and toxoplasmosis.
Raw or undercooked meat	Meat joints and steaks cooked rare.	Potential risk of toxoplasmosis
Cured cold meats	Salami, Parma ham, chorizo, Pepperoni.	These are not cooked, they are cured and fermented which means there is a risk toxoplasmosis.
Liver or liver-products	Pâté, sausage, haggis.	They may contain a lot of vitamin A.
Game that has been shot with lead pellets	Pheasant, duck.	This may contain high levels of lead.
Specified fish	Shark, swordfish, marlin.	These are slow growing and may contain more mercury than other types of fish, which can affect the baby's developing nervous system
Oily fish – no more than 2 portions a week.	Salmon, trout, mackerel, erring.	Can contain pollutants and high levels of mercury.
Tuna – no more than 2 portions a week (or 4 medium tins)	Fresh tuna steaks, tinned tuna.	Contains more mercury than other types of fish.
Caffeine	Coffee, tea, green tea, hot chocolate, chocolate.	No more than 200mg of caffeine a day. One mug of instant coffee is 100mg, one mug of tea is 75mg and one 50g bar of milk chocolate contains less than 10mg.

<p>Herbal tea</p> <p>The FSA recommends drinking no more than 4 cups of herbal or green tea a day.</p>	<p>Sage and parsley tea.</p> <p>Teas containing valerian.</p>	<p>Sage tea contains thujone which has been linked to miscarriage and high blood pressure.</p> <p>Parsley tea may increase risk of miscarriage and affect the baby's development.</p> <p>It's fine to use sage and parsley in cooking.</p>
<p>High-dose multivitamins</p>	<p>Vitamin A.</p>	<p>Having large amounts of vitamin A can harm the baby.</p>
<p>Peanuts or food containing peanuts (such as peanut butter) can be eaten during pregnancy, unless there is a known allergy or a health professional advises not to.</p>		