

What Not To Eat While Pregnant













(And 10 Yummy Alternatives)



Pregnancy is a beautiful time filled with exciting changes, but not all are as enjoyable as others. One of these is to avoid the foods that could put you and your bub at risk.

Most food and drinks can be consumed during pregnancy, but there are those that should be avoided entirely. Luckily, there's an array of yummy alternatives to help satisfy your cravings during pregnancy.

Of course, if you have any concerns about what to eat while you're pregnant, talk to your health professional.

	Avoid	Try
<p>Eggs</p> <p>Swap undercooked and runny yolks for hard boiled eggs with a yolk that is cooked through.</p>	 <p>Undercooked fried eggs</p>	 <p>Hard boiled eggs</p>
<p>Cheese</p> <p>Swap soft cheeses and cheese made with unpasteurised milk for hard cheeses and those made with pasteurised milk.</p>	 <p>Brie, camembert, feta, blue cheese and ricotta</p>	 <p>Cheddar, parmesan, gouda, cottage cheese and cream cheese</p>
<p>Meat</p> <p>Swap processed, deli or cured meats for well-cooked lean proteins.</p>	 <p>Salami, ham, prosciutto and luncheon meat</p>	 <p>Chicken breast, lean beef, chicken and lamb</p>
<p>Fruit and Vegetables</p> <p>Swap out pre-cut fruit and vegetables (especially rockmelon) for whole fruit and veg you can prepare at home.</p>	 <p>Buying fruit or vegetable salads from the supermarket or local café</p>	 <p>Buying whole ingredients from the produce section and make your own at home</p>
<p>Fish*</p> <p>Swap high-mercury fish for low-mercury alternatives.</p>	 <p>Swordfish, broadbill, shark (flake), marlin, orange roughy and kingfish</p>	 <p>Salmon, squid and anchovies</p>
<p>Soy</p> <p>Swap soy milks for regular dairy milk and milk alternatives, like almond or oat milk.</p>	 <p>Dairy milk, almond or oat milk</p>	 <p>Soy milk</p>

*During pregnancy, seafood consumption is restricted to 2 – 3 serves per week of any fish and seafood not listed in the following: 1 serve per fortnight and no other fish that fortnight: Shark (Flake) or Billfish (Swordfish/Broadbill, and Marlin) 1 serve per week and no other fish that week: Deep sea perch (Orange Roughy) or Catfish