

## Food chart for pregnant women

Foods which are suitable to eat during pregnancy	Foods which should be <u>avoided</u> during pregnancy as a precautionary measure
<b>Milk &amp; Dairy Products</b>	
<ul style="list-style-type: none"> <li>• Milk (pasteurised, ultra heat treated, sterilised) and products made from milk (e.g. yoghurt, cream, buttermilk, some cheeses like Gouda, Edam, etc.)</li> <li>• Long ripened hard cheeses, without rind (e.g. parmesan)</li> <li>• Feta industrially produced from pasteurised milk and packaged, cream cheese, cottage cheese, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Raw milk and products made from raw milk, e.g. raw milk cheese (look for the label “made from unpasteurised milk”)</li> <li>• Cheese rinds in general</li> <li>• Soft cheeses (e.g. camembert) and smear-ripened cheeses (e.g. Tilsiter, Quargel) in general</li> </ul>
<b>Meat &amp; Meat Products</b>	
<ul style="list-style-type: none"> <li>• Thoroughly cooked meat (e.g. beef, pork, veal, poultry)</li> <li>• Industrially produced meat products (e.g. sausage, cooked ham) – not raw or semi-cooked</li> <li>• Canned products</li> </ul>	<ul style="list-style-type: none"> <li>• Raw meat or meat that has not been fully cooked (e.g. steak rare or medium, raw minced meat, carpaccio)</li> <li>• Raw meat products (e.g. types of sausage like Mettwurst, Kantwurst, Landjäger, salami, smoked ham, smoked meat, cured ham)</li> <li>• Offal</li> </ul>
<b>Fish &amp; Fish Products</b>	
<ul style="list-style-type: none"> <li>• Thoroughly cooked fish and seafood (e.g. salmon, trout, char, herring)</li> <li>• Canned fish</li> </ul>	<ul style="list-style-type: none"> <li>• Raw/semi-raw fish and seafood (e.g. sushi, oysters)</li> <li>• Smoked/marinated fish (e.g. smoked salmon, smoked trout fillet, gravlax)</li> <li>• Other fish products which must be refrigerated (e.g. soured herring)</li> <li>• Tuna, swordfish, halibut, pike in general</li> </ul>
<b>Vegetables &amp; Fruit</b>	
<ul style="list-style-type: none"> <li>• Thoroughly washed or peeled raw vegetables and fruit, cooked vegetables and fruit (e.g. stewed fruit), heated frozen fruit and vegetables</li> <li>• Thoroughly washed leaf salad</li> <li>• Cooked sprouts and shoots, cultivated mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Unwashed vegetables and fruit, unwashed leaf salad, unwashed fresh herbs, pre-cut fruit, pre-cut/pre-packaged salads</li> </ul>
<b>Cereal Products and Baked Goods</b>	
<ul style="list-style-type: none"> <li>• Bread, baked goods, pastries</li> <li>• Cereals, muesli</li> </ul>	<ul style="list-style-type: none"> <li>• Baked goods with fillings or toppings containing raw milk or raw eggs (e.g. certain types of cream filling)</li> </ul>
<b>Drinks</b>	
<ul style="list-style-type: none"> <li>• Drinking water, pre-packaged mineral water</li> <li>• Industrially produced vegetable and fruit juices and smoothies</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Strictly avoid</u> alcohol (also foods containing alcohol)</li> <li>• Drinks containing quinine (e.g. tonic water, bitter lemon)</li> <li>• (Sweetened) drinks with a high caffeine content (e.g. energy drinks)</li> <li>• Freshly squeezed and unheated vegetable and fruit juices at juice bars or at restaurants</li> </ul>
<p>Coffee and black/green tea <u>in small amounts</u> ( &lt; 2 – 3 cups of coffee OR &lt; 4 cups of green/black tea per day )</p>	
<b>Miscellaneous</b>	
<ul style="list-style-type: none"> <li>• Hard-boiled eggs</li> <li>• Industrially processed mayonnaise and salad dressings</li> <li>• Pre-packaged ice cream</li> <li>• Pre-packaged olives and antipasti</li> </ul>	<ul style="list-style-type: none"> <li>• Raw eggs or eggs that are not cooked through (e.g. eggs sunny side up), mayonnaise and sweets made from raw eggs (e.g. Tiramisu, chocolate mousse)</li> <li>• Soft serve</li> <li>• <u>Unpackaged</u> meat/fish salads and (gourmet) salads, and <u>unpackaged</u> marinated cheese, olives, antipasti, spreads, etc.</li> </ul>

If you want to find out more, please refer to the document: “Recommendations on how to avoid infections during pregnancy” (not available in English) at [www.richtigessenvonanfangan.at](http://www.richtigessenvonanfangan.at)

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