

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

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

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