

Guide to food and drink during pregnancy

Use our handy guide to find out what is safe to eat during your pregnancy and the foods and drinks you should avoid.

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

Eggs and other dairy products

✓ 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

Fish and seafood

✓ Yes

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



✗ No

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

* 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

Fruit, 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)

Drink

✓ Yes

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

✗ No

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

