

THE BAD

VERSUS

THE GOOD

WHAT TO EAT WHILE PREGNANT



Raw eggs, cake batter, mayonaise, unpasteurized anything



Raw, smoked or undercooked meat



NO alcohol & liquor, no excessive amounts of caffeine



Specific deep sea fish: swordfish, tuna, mackrel



Avocados & leafy greens



Beans & lentils, iron & protein rich legumes



Yogurt, oatmeal, nuts, pasteurized milk and cheeses



Well cooked meat & eggs, omega 3 rich & fatty fish