



Foods to Avoid & Limit During Your Pregnancy

[HerNutrition.ca](https://www.hernutrition.ca)

Nutrition for women, simplified.

AVOID WHILE PREGNANT

Alcohol

Alcohol consumption during pregnancy may harm the fetus
No amount of alcohol is considered safe during pregnancy

Amino acid supplements

Not recommended due to insufficient information on their safety during pregnancy

Soy protein or isoflavone supplements

A high intake of isoflavones is mildly estrogenic and these concentrated sources potentially could adversely affect fetal development

Foods potentially contaminated with bacteria

- Raw or undercooked meats, fish, eggs
- Shellfish (oysters, clams)
- Raw sprouts
- Unpasteurized juices
- Raw or unpasteurized dairy products, including pasteurized soft and semi-soft cheese (e.g., Brie or Camembert) and unpasteurized semi-soft cheeses (e.g., blue-veined cheese)

Herbs

- Aloe
- Black cohosh
- Blue cohosh
- Buckthorn
- Calendula (Marigold)
- Chamomile (excessive use)
- Chaste tree (Chasteberry)
- Coltsfoot
- Comfrey
- Dong quai
- Ephedra
- Evening primrose oil
- Feverfew
- Ginko
- Ginseng
- Juniper
- Kava
- Licorice (as an herb)
- Labrador tea
- Lobelia
- Passionflower
- Pennyroyal
- Sage
- Sassafras
- Senna
- St. John's wort
- Tea tree oil
- Thuja
- Uva-ursi
- Almond oil
- Burdock
- Fennel
- Hops
- Japanese mint
- Lemon balm
- Linden
- Red bush tea (Rooibos tea)
- Valerian
- Wild yam

LIMIT WHILE PREGNANT

Fish

No more than 150 g/month:

Fish with higher levels of methylmercury

- Fresh/frozen tuna
- Shark
- Swordfish
- Escolar
- Marlin
- Orange roughy

Less than 150 g/week:

Low mercury cooked fish

- Salmon
- Trout
- Herring
- Haddock
- Canned, light tuna
- Pollock

Less than 300 g/week:

- Canned (white) albacore tuna (does not apply to canned light tuna, which contains other species of tuna that are low in mercury.)
- Flounder
- Anchovy
- Char
- Hake
- Mullet
- Smelt
- Atlantic mackerel
- Lake white fish

Beef liver

Limit consumption during the first trimester to 1 serving (75 g)/week due to high vitamin A content. Safe to consume in moderation after the first trimester.

Caffeine

Limit caffeine intake to 300 mg/day

- w 18 oz (2.25 cups) brewed coffee (135 mg caffeine/8 oz)
- w 25 oz (3 cups) instant coffee (76 to 106 mg caffeine/8 oz)
- w 18 oz (6 cups) leaf or bag tea (50 mg caffeine/8 oz)

Herbs

Limit consumption to the amount commonly found in foods or consumed in moderation as herbal beverages (2 to 3 cups per day)

Herbal supplements (tablets, capsules, or extracts) are not recommended due to potential adverse effects

- Bitter orange/orange peel
- Echinacea
- Peppermint
- Red raspberry leaf
- Rose hip
- Rosemary