

Food you should **AVOID**

- Soft mould-ripened and blue cheeses like **camembert**, **brie**, **chevre** and **stilton**
- **Unpasteurised milk**
- **Pâté**, including vegetable ones
- Raw meat such as **Parma ham**
- **Liver**
- **Raw or undercooked eggs** including undercooked **scrambled eggs** or **cheesecake** and other recipes with raw eggs
- **Soft whip ice cream**
- **Raw shellfish**
- **Shark, swordfish and marlin**

Food you should **LIMIT**

- Oily fish such as **sardines**, **mackerel**, **salmon** and **fresh tuna** - eat no more than two portions a week (or four cans of tuna)
- **Alcohol** - restrict intake to no more than one or two units once a week
- **Caffeine** - limit yourself to two mugs of tea or coffee a day

Useful sources of information about healthy eating in pregnancy:

The Food Standards Agency - www.food.gov.uk

NHS Healthy Start - www.healthystart.nhs.uk

The Department of Health - www.dh.gov.uk

www.hippbabyclub.co.uk

Eating well in pregnancy

During pregnancy, you'll naturally want to ensure you eat well, to keep you and your baby healthy. Some foods are best avoided because of what they contain or how they're prepared.

This little guide will help you plan meals safely.

Food you CAN eat

- Hard cheeses like **cheddar, parmesan, edam, feta, halloumi, paneer** and **havarti**, as long as they're made with pasteurised milk
- Soft cheeses like **ricotta, mascarpone, cottage cheese** and **cream cheese**, processed cheeses such as **Philadelphia** and **Boursin**
- Yogurts, including **bio yogurts** and **probiotic drinks**
- **Nuts**, including peanuts, unless you are allergic to them
- **Fromage frais** and **crème fraîche**
- **Eggs**, just check the white and yolk are cooked until solid
- **Mayonnaise, salad cream** and **ice cream**, as long as they don't contain raw egg
- **Shellfish and prawns**, just make sure they're properly cooked
- **Meat**, as long as it's well cooked

You can read more about pregnancy nutrition at

www.hippbabyclub.co.uk



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