

Foods to Avoid

Staying Healthy While You Are Pregnant

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.



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Your Extended Family



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Some foods can contain **germs or harmful things** that can make you or your baby sick.

Stay away from these foods to make sure you and your baby stay healthy.

Foods to Avoid	How much is safe?	How often can I eat this?	Notes
RAW MEAT OR FISH	None	Never	
NON-PASTEURIZED MILK OR JUICE	None	Never	Look for “pasteurized” on the label.
SHARK, SWORDFISH, KING MACKEREL AND TILE FISH	None	Never	
SHRIMP, SALMON, POLLOCK, CATFISH	12 ounces	Weekly	
CANNED TUNA	6 ounces	Weekly	
COFFEE OR OTHER CAFFEINE DRINKS	200 milligrams (about 12 oz. of coffee)	Daily	Read labels to check for caffeine.
NON-FOOD ITEMS (CLAY, CHALK, DIRT)	None	Never	If you crave non-food items, talk to your provider.

Your baby gets nutrition from the food you eat. Give your baby the best chance to thrive by making smart food choices.

