



Hazardous Foods for Pregnant Moms and Young Children

- Hot Dogs, Sausage, and Deli Meats Like Bologna
- Brie, Camembert, Feta, Mexican-style, and Blue-veined Cheeses
- Meat and Poultry, Cooked Rare
- Pâtes
- Cold Ready-to-Eat Seafood Products
- Cold Leftovers
- Unpasteurized Milk and Milk Products
- Unwashed Fruits and Vegetables
- Unpasteurized Fruit Juices and Ciders
- Raw Eggs and Raw Egg Dishes
- Raw Shellfish

Adapted from the Center for Science in the Public Interest website: <http://www.cspinet.org/new/foodlist.html>

United States Department of Agriculture, University of Arkansas, and County Governments Cooperating.

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