readydad

FRIDGE-DOOR CHEAT SHEET

PREGNANCY FOOD SAFETY

YOU'RE COOKING FOR TWO NOW.

Tape it to the fridge.

FUEL FOR DEVELOPMENT

PROTEIN
A palm-sized portion at every meal, plus a snack.

EGGS
Rich in choline, a key brain building block.

FATTY FISH
DHA for brain wiring. Salmon or sardines, 2x a week.

IRON + VIT C
Add lemon to beans or spinach. Coffee, tea, milk an hour apart.

WATER
8-12 glasses a day, more if she's active.

PRENATALS
Daily. Covers folic acid and vitamin D.

✓ EAT

PROTEIN

- **Eggs**, cooked until yolks are firm
- Fully cooked chicken, turkey, beef, pork, lamb
- Beans, lentils, chickpeas, tofu, tempeh
- Nuts, seeds and nut butters

LOW-MERCURY FISH — 2-3X / WEEK

- Salmon
- Anchovies
- Shrimp
- Cod
- Catfish
- Sardines
- Trout
- Tilapia
- Pollock
- Canned light tuna

8-12 oz per week total. Cook until opaque and it flakes easily.

DAIRY — PASTEURIZED

- Milk, yogurt, cottage and cream cheese
- Hard cheeses: cheddar, Parmesan, Swiss
- Pasteurized mozzarella, feta, ricotta, goat cheese

PRODUCE

- Fresh, frozen, canned or cooked
- Leafy greens, berries, citrus, avocado, broccoli

Wash under running water before cutting or eating.

GRAINS & HEALTHY FATS

- Oats, brown rice, quinoa, barley
- Whole-grain bread, cereal and pasta
- Olive or canola oil, avocado, nuts

! LIMIT

Caffeine
Total **UNDER 200 MG** a day, about one mug of coffee. Tea and soda count too.

Albacore / white tuna
Max **ONE 4-OZ SERVING** a week.

Added sugar & ultra-processed food
Sodas, sweetened coffees, snack bars. Sugar near the top of the label means it's a main ingredient.

Deli meats, hot dogs, dry sausages
Heat until steaming hot.

Leftovers
Fridge within 2 hours. Reheat until steaming.

Dressings, sauces, mousse, desserts
Ask if they're made with raw eggs.

Smoothies & fresh juice
Washed produce, pasteurized juice or dairy.

Herbal teas & supplements
Check with her provider. "Natural" isn't automatically safe.

HEAT KILLS BUGS

145°F / 63°C — Fish, until opaque and flaky.

165°F / 74°C — Deli meats, hot dogs, leftovers.

× AVOID

- **Alcohol** of any kind
- Raw or undercooked meat and poultry
- Raw or undercooked eggs, and foods made with them
- Raw fish or shellfish: sashimi, ceviche, raw oysters
- Raw sprouts: alfalfa, clover, radish, mung bean
- Unpasteurized milk, cheese, juice or cider
- Refrigerated pâté or meat spreads
- Refrigerated smoked seafood like lox (unless cooked in a hot dish)
- Premade deli salads: chicken, tuna, egg, seafood, ham
- Unwashed fruits and vegetables
- Energy drinks
- Smoking, vaping and drugs (secondhand smoke counts)

HIGH-MERCURY FISH

- Bigeye tuna
- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)

Fish caught by family or friends? Check local advisories first.

MYTH BUSTER

Soft cheese isn't automatically off-limits. Pasteurized feta, mozzarella and ricotta are generally safe.

Not medical advice. Food needs may vary depending on allergies, medical conditions, medications and pregnancy complications. Ask your prenatal care provider for personalized advice.

Sources: CDC pregnancy food-safety guide; FDA food safety for pregnant women; FDA/EPA advice about eating fish; CDC alcohol and pregnancy.

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