

POISONology

SAFETY & FIRST AID TIPS FROM THE ARIZONA POISON AND DRUG INFORMATION CENTER

Dangers for pregnant women lurk in food & drink



This special article was written by the experts at the Arizona Pregnancy Riskline, colleagues of the poison center. The riskline is a statewide public service that provides accurate information to callers about possible effects a medication or substance may have during pregnancy or breastfeeding.

Top 10 Holiday Foods To Avoid During Pregnancy.

1. Spiced Cider or Wine

Many spiced ciders contain alcohol. If you are not sure if there is alcohol in what's being served to you, ask.

2. Rum balls & Chocolate

Rum ball may be delicious, but they are not a good idea during pregnancy. Unfortunately, most rum balls actually do contain some alcohol. Also, be aware that chocolate contains caffeine.

3. Eggnog

It's okay to enjoy an eggnog latte (as long as you stick with less than 300mg of caffeine per day), but make sure to avoid the eggnog with brandy or other alcohol!

4. Soft Cheeses (Panela, Cotija, Queso Fresco, Blue-Veined Cheeses, Brie, Feta, Camembert)

Soft cheeses can contain the bacteria listeria monocytogenes. This bacteria can cause listeriosis, an increase the risk of miscarriage, stillbirth, uterine infection, premature labor, and death in the newborn.

5. Lunch meats

Hot dogs and luncheon meats are also places bacteria like to hang out. Make sure to reheat them until they are steaming hot.

6. Pate

Refrigerated pates or meat spreads can also cause food poisoning. It's best to avoid them during pregnancy.

7. Imported Candies

Lead has been found in some consumer candies imported from Mexico and in the wrappers of some imported candies. To be safe, stick to non-imported candies this holiday season.

8. Undercooked Turkey & Ham

Food poisoning can affect everyone, including pregnant women. Make sure meat is cooked at the correct temperature for the correct amount of time.

9. Tuna

For all of you tuna tartar lovers, just remember the recommendation for fish consumption during pregnancy is no more than 12 oz. of fish per week since it contains methylmercury.

10. Smoked Seafood.

Harmful bacteria can also be found in smoked seafood. Don't eat refrigerated smoked fish unless they are ingredients in a dish that has been cooked.