

List of the foods to avoid when pregnant - women's health

Pregnancy is known to be one of the most wonderful and most difficult phases in a woman's life. There are so many things with which a woman has to deal and take care. Therefore, there are a few major **foods to avoid when pregnant** by a woman. Basically, these food items will help a person in taking care of herself and her child inside the womb during pregnancy.

When we talk about pregnancy then a woman has to do a lot of things and take care of herself even more. She should be and have to be more careful in terms of food, rest, and also in doing various things on a regular basis.

Majorly the first trimester of the pregnancy is considered to be much more crucial and problematic for the woman. Because the woman is also new to some things and it is an initial stage where a person will take time to learn about the things. Therefore, we have added a complete list of the top foods to avoid when pregnant during the first trimester. This will help you in safeguarding yourself and your child inside the womb.

Top foods to avoid when pregnant

Here is the complete and proper list of the [foods to avoid when pregnant](#). Have a look and try to ignore them.

1. Variety of fish
2. big eye tuna
3. marlin
4. Swordfish
5. Mercury fish
6. king mackerel
7. shark
8. orange roughy
9. Gulf of Mexico tilefish
10. All the types of raw food and vegetables
11. Undercooked vegetables
12. mung beans
13. alfalfa
14. clover
15. Radish
16. Smoked seafood
17. Unpasteurized milk products
18. Soft cheese
19. Raw fruits and vegetables.
20. Raw sprouts
21. Salad made in a restaurant
22. Caffeine
23. Canned or packed vegetables
24. Any type of the raw meat
25. Hot foods such as papaya or banana
26. Alcohol
27. Smoking

28. Excess cheese products
29. Bigeye tuna
30. King mackerel
31. Marlin
32. Orange roughy
33. Swordfish
34. Shark
35. Tilefish
36. Anchovies
37. Catfish
38. Cod fish
39. Herring
40. Light canned tuna
41. Pacific oysters
42. Pollock
43. Salmon
44. Sardines
45. Shad
46. Shrimp
47. Tilapia
48. Trout
49. Raw fish
50. Contaminated food
51. Sea food
52. Junk food
53. Undercooked meat
54. Undercooked food