



PRENATAL NUTRITION

Session Two

What to Limit or Avoid

Classes featured: Prenatal Nutrition - What to Limit or Avoid

RESOURCES

- Guidelines for Food Safety and Avoiding Listeriosis
- Caffeine & Alcohol Recommendations and Substitute Ideas
- Mocktail Recipes
- Homework





FOOD SAFETY DURING PREGNANCY

LISTERIOSIS & WHY IT MATTERS

Listeria is a bacteria found in soil, water, and some animals. Listeriosis is a foodborne illness caused by listeria that you're at higher risk of getting when pregnant. Having listeriosis while pregnant can cause miscarriage, stillbirth, preterm labor, or infections with long-term side effects to baby.

HOW TO PREVENT FOODBORNE ILLNESS

Fruits & Veggies

- Never eat unwashed fruits or vegetables, including leafy greens
- If you're unsure if it's been washed, wash again
- Avoid raw and lightly cooked sprouts
- Only eat freshly cut melon that has not been sitting out for more than 4 hours

Dairy Products

- Avoid unpasteurized dairy products
- Labels should say "made with pasteurized milk"
- Especially check soft cheeses like feta, brie, queso fresco

Meat & Seafood

- Avoid smoked seafood & meat spreads
- Only eat well done meat (including beef & pork)
- Only eat deli meat that is heated to 165°F directly before eating

Your body's ability to fight off foodborne pathogens decreases when pregnant, so you need to take extra precautions.

MEAT STORAGE GUIDELINES

Hot Dogs

- OPENED packages: 1 week maximum
- UNOPENED packages: 2 weeks maximum

Factory-sealed Deli Meat

- UNOPENED packages: 2 weeks maximum
- OPENED: 3-5 days maximum

Deli meat from deli counter

- 3-5 days maximum

Cooked meats:

- 3-4 days in the refrigerator maximum
- Should not be out for more than 2 hours before consuming or refrigerating

Limit or Avoid Caffeine & Alcohol

CAFFEINE

- Your body's ability to eliminate caffeine from your bloodstream decreases when pregnant.
- The general amount of caffeine recommended as safe when pregnant is **200mg or less per day**
- Be aware: caffeine amount varies due to brewing process & brewing time; always check product labels.

| Beverage/Food | Average Caffeine Content |
|----------------------------------|--------------------------|
| regular brewed coffee, 8 oz. | 80-135 mg |
| decaf coffee, 8 oz. | 0-15 mg |
| cold brew coffee, 8 oz. | 96+ mg |
| espresso, 2 oz. | 127 mg |
| black tea, 8 oz. | 47-60 mg |
| green tea, 8 oz. | 28 mg |
| matcha, 8 oz. | 70 mg |
| soda, 12 oz. | 22-55 mg |
| energy drink, 8 oz. | 80+ mg |
| dark chocolate (70-85%), 3.5 oz. | 70+ mg |

ALCOHOL

There is no amount of alcohol that's recommended to be safe to consume when pregnant.

Too much exposure to alcohol while pregnant can result in Fetal Alcohol Spectrum Disorders (FASD) in baby.

FASD can cause

- intellectual & behavioral impairment
- hearing problems
- stunted growth
- abnormal facial development

Help is available.

- If you are pregnant or trying to get pregnant and cannot stop drinking, you are not alone.

These resources can help:

- healthcare provider
- NIAAA Alcohol Treatment Navigator
- Alcoholics Anonymous
- FindTreatment.gov

SUPER SWAPS

- coffee, mocha, latte → herbal tea, decaf latte or mocha, warm ginger lemon water, bone broth
- cocktail, wine, beer → homemade mocktail poured in a cocktail or wine glass
- soda, diet soda → sparkling water with citrus squeeze



Chef Jeremy's Mocktail Recipe: **Pomegranate Sangria**

INGREDIENTS

2 cups orange juice
2 cups pomegranate juice
½ cup lime juice
¼ cup apple cider vinegar
¼ cup honey
Pinch of salt
Ice
4 cups tonic water
1 lime, halved & thinly sliced
2 cups raspberries, fresh

DIRECTIONS

1. In a pitcher or large sealable container, stir together the orange juice, pomegranate juice, lime juice, cider vinegar, honey and salt.
2. Place a few cubes of ice in cocktail glasses and fill about half way up with the “sangria”.
3. Top off the cocktail glass with the tonic water until about $\frac{3}{4}$ full.
4. Top each glass with a few raspberries, a lime slice and serve.



Chef Jeremy's Mocktail Recipe: **Blueberry Balsamic Shrub**

INGREDIENTS

2 cups fresh blueberries
4 inch piece of ginger, peeled & sliced
1 cup apple cider vinegar
¼ cup balsamic vinegar
½ cup honey
⅛ tsp salt, Kosher
Sparkling water or tonic water
Ice

Requires cheesecloth

DIRECTIONS

1. Place all ingredients EXCEPT water in a blender or food processor and run to puree.
2. Place a fine mesh strainer over a medium mixing bowl and line the strainer with several layers of cheesecloth.
3. Pour the puree into the strainer and work as much liquid through as possible with a soft spatula.
4. Grab the corners of the cheesecloth and lift out of strainer.
5. Remove strainer, twist and squeeze the cheesecloth containing the pulp from the puree to extract as much liquid as possible.



HOMEWORK

ASSIGNMENT

1. Go through your fridge & pantry and identify foods and beverages you consume that you need to limit or avoid while pregnant.
2. Decide on a plan for each item

OPTION 1

- Remove from diet completely while pregnant.

OPTION 2

- Cook items in a different way so they'll be safe to consume (i.e. heating up deli meat)

OPTION 3

- Find a substitute to swap in while you're pregnant

| Food/Beverage | Plan |
|---------------|------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |