

# Diet Instructions

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## Fish List

According to the FDA and the National Academy of Science, the following fish should not be eaten during ANY trimester of pregnancy due to high levels of mercury.

- Bass Large Mouth
- Halibut
- King Mackerel
- Marlin
- Oysters
- Pike
- Sea Bass

★ Only 1 can of tuna fish is allowed per month. ★

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## Recommendations on Listeriosis Prevention

- Do not eat hotdogs and luncheon meats unless they are reheated until steaming hot.
- Avoid cross-contamination of other foods, utensils, and food preparation services with fluid from hot dog packages. Be sure to wash hands after handling hot dogs.
- Do not eat soft cheese such as feta, brie, camembert cheeses, blue-veined cheeses, fresh mozzarella, and Mexican-Style cheeses such as queso blanco fresco. Cheese that may be eaten include hard cheese; semi soft cheese such as mozzarella; pasteurized processed cheeses such as slices and spread; cream cheese; and cottage cheese.
- Do not eat refrigerated pates or meat spreads. Canned or shelf-stable pates and meat spreads may be eaten.
- Do not eat refrigerated smoked seafood, unless it is contained in a cooked dish, such as a casserole. Canned or shelf-stable smoked seafood may be eaten.
- Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.

If you have any problems or questions, please contact the office at **(631) 321-1043**.