Can I eat this while pregnant?

Fine · With care · Avoid

Cheese & dairy

Brie	Avoid	Not cold. Brie is a mould-ripened soft cheese – eat it only baked or cooked until steaming hot.
Camembert	Avoid	Not cold. Like brie, camembert is a white-rind soft cheese – only eat it baked until steaming hot.
Feta	Fine	Yes, if it's pasteurised. Supermarket feta in a sealed pack is fine; skip feta from open deli bowls.
Mozzarella	Fine	Yes. Pasteurised mozzarella is safe – cold or cooked. Avoid mozzarella from open deli containers.
Parmesan	Fine	Yes in UK and German advice, even raw-milk parmesan. US advice is to pick pasteurised hard cheese or heat it.
Halloumi	Fine	Yes. Pasteurised halloumi is safe in pregnancy – grilled, fried or cold.
Gorgonzola & blue cheese	Avoid	Not cold. Soft blue cheeses like gorgonzola should only be eaten cooked until steaming hot.
Cream cheese	Fine	Yes. Pasteurised cream cheese, like the usual supermarket tubs, is safe in pregnancy.
Cottage cheese	Fine	Yes. Pasteurised cottage cheese is safe to eat while pregnant.

Fish & seafood

Sushi	Avoid	Not with raw fish. Sushi with cooked fish, cooked prawns or just vegetables is fine.
Smoked salmon	Avoid	Not cold. Only eat smoked salmon cooked until steaming hot all the way through; stirring it into a warm sauce isn't enough.
Tuna	Avoid	German guidance says skip tuna in pregnancy; UK and US advice allows small amounts. If you eat it, keep it limited.
Salmon	Fine	Yes, cooked salmon is a great choice. Keep oily fish to 2 portions a week.
Shrimp & prawns	With care	Yes if they're cooked and served hot. Cold, ready-to-eat prawns should be heated until steaming first.
Oysters & raw shellfish	Avoid	No. Skip raw oysters and other raw shellfish while pregnant. Cooked shellfish is fine.

Meat & deli

Salami	Avoid	Not cold. Salami is a raw cured sausage – only eat it cooked until steaming hot, e.g. on pizza.
Prosciutto & Parma ham	Avoid	Not cold. Prosciutto is cured, not cooked – only eat it cooked until steaming hot.
Deli meat & cold cuts	With care	Cooked cold cuts like ham are OK if kept chilled and fresh. US advice says heat them until steaming.
Hot dogs	With care	Yes, but only heated until steaming hot all the way through – never straight from the pack.
Pâté	Avoid	Avoid liver pâté completely. Other chilled pâtés are a listeria risk; shelf-stable tins are the safer choice.
Liver & liverwurst	Avoid	Best avoided. Liver and liver products like liverwurst contain so much vitamin A that they can harm your baby.
Mett (raw minced pork)	Avoid	No. Mett is raw minced pork and should not be eaten in pregnancy.
Rare & medium steak	Avoid	German advice says no medium or rare steak. The NHS allows whole beef and lamb cuts cooked well on the outside.

Eggs

Runny eggs	Avoid	Best cooked until firm. In the UK, British Lion eggs are allowed runny; German and US advice says cook them through.
Mayonnaise	With care	Check the egg. Mayo made with pasteurised egg is fine; homemade mayo with raw egg is best avoided.

Drinks

Coffee & caffeine	With care	Yes, up to 200 mg of caffeine a day – roughly two cups of instant coffee.
Green tea & matcha	With care	Yes, but count it towards your 200 mg daily caffeine limit. Matcha counts too.
Energy drinks	Avoid	Best avoided. German advice says no energy drinks in pregnancy; UK advice only counts their caffeine.
Herbal tea (peppermint, chamomile, sage)	With care	Yes in moderation: no more than 4 cups a day, vary the types, and skip sage tea and teas containing liquorice root.
Alcohol-free beer	With care	Only choose 0.0%. 'Alcohol-free' beer can still contain a little alcohol, and no amount is known to be safe.
Kombucha	Avoid	Best skipped. Kombucha is fermented and contains some alcohol, and homemade versions contain live microbes.

Fruit, veg & sprouts

Raw sprouts	Avoid	Not raw. Cook sprouts until steaming hot before eating them in pregnancy.

Desserts & sweets

Licorice	With care	A little is fine; avoid large amounts and teas containing liquorice root.
Raw cookie dough & cake batter	Avoid	No licking the spoon. Raw dough and batter can contain bacteria from raw flour and raw eggs.
Tiramisu	Avoid	Not the classic homemade kind with raw eggs. Versions made with pasteurised egg or no egg are fine.
Ice cream & soft serve	With care	Yes for packaged pasteurised ice cream. Soft serve from a machine is safer to skip.

Other

Peanuts	Fine	Yes. Peanuts are safe in pregnancy unless you're allergic or a doctor told you to avoid them.

General information from NHS, FDA, CDC and German BfR guidance. Where countries differ, the entry usually follows the stricter advice and says so; see the website for each country's rule. Details and sources for every food: happamama.com/can-i-eat. Not a substitute for advice from your midwife or doctor.