Foods to Avoid During Pregnancy

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Pregnant women have a higher risk for bacterial food-borne illness, such as listeriosis. The bacteria that causes listeriosis can multiply even in the refrigerator. Here is a list of foods you should avoid because they may have harmful bacteria. Fill in the blanks and then complete the puzzle.

Across

1. Unpasteurized fruit juices and __ __ __ (Pasteurized products are safe to use.)
2. __ __ __, like alfalfa in sandwiches
3. __ __ __ cheese, often used in Greek dishes

Down

1. Raw or undercooked eggs and ground __ __ __ (If they are completely cooked, then they are fine.)
2. Uncooked hot dogs and __ __ __ cuts, like ham and bologna (They are fine if they are cooked until steaming hot.)
3. __ __ __ cheeses, like blue, feta or “queso blanco fresco.” (Cottage cheese, mozzarella, and pasteurized cheeses are safe to eat.)

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