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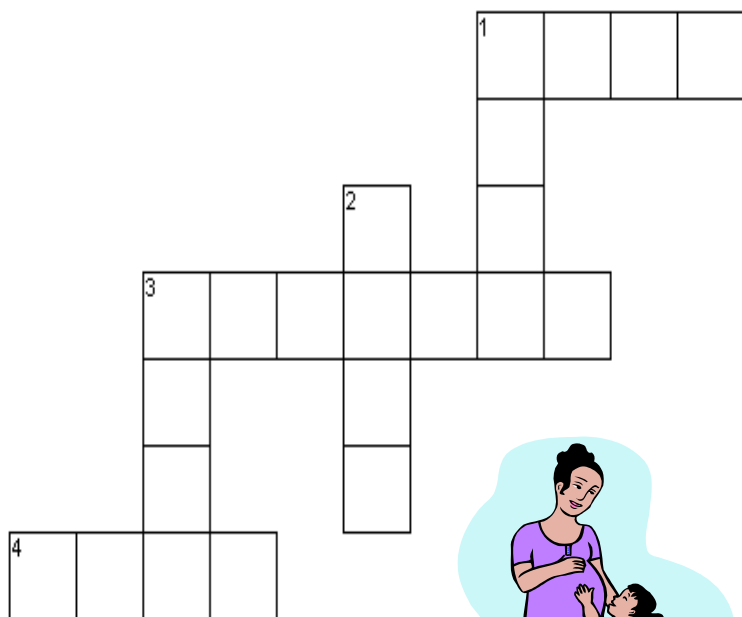
**EXTENSION**

Institute of Food and Agricultural Sciences

## Foods to Avoid During Pregnancy<sup>1</sup>

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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.)
3. **Raw \_\_\_\_\_, like alfalfa in sandwiches**
4. **\_\_\_\_\_ 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.)

1 (across) milk (down) meat 2 (cold) 3 (across)  
sprouts (down) soft 4 (feta)

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