Foods to avoid during pregnancy

A short list, sorted by where you eat.

From Families for Life, SFA, HealthHub and KKH's dietitians.

At the hawker centre or kopitiam

- Half-boiled eggs: ask for them hard-boiled
- Sashimi, sushi and the raw fish in yusheng: pick a cooked fish dish
- Cockles in char kway teow or laksa: order it without
- Medium-rare steak: ask for it well done
- Batang (king mackerel), shark, swordfish, tilefish, bigeye tuna: any other fish

In your own kitchen

- Soft cheese such as brie or camembert: hard or processed cheese, pasteurised
- Liver pate and cold deli meat: reheat deli meat until steaming
- Raw egg in homemade mayonnaise, tiramisu or sauces: egg cooked through
- Unwashed raw vegetables: wash them well
- Cooked food left out: eat it hot
- Liver in the first trimester: keep it to a little

Herbal soups and tonics

- Chinese ginseng: do not use when pregnant
- Dang gui: ask a licensed TCM physician first
- Lingzhi: no safety data in pregnancy, so leave it out
- Bird's nest and chicken essence: fine in moderation
- Tonics sold to make the baby smarter: no evidence

Drinks

- Alcohol: none
- Kopi, teh and other coffee or tea: Families for Life says avoid caffeine
- Bubble tea and sweet drinks: limit them
- Unpasteurised milk: choose pasteurised

Fruit is fine

- No documented case links papaya, pineapple or other cooling food to miscarriage
- Eat a mix of fruit every day

Before any tonic or supplement

Show it to your gynae or polyclinic doctor first.