

10 foods to avoid in first month of pregnancy

A healthy baby's development completely depends on the nutrition during the first month of pregnancy. However, sadly, women frequently discover they are pregnant only after missing a period, and by the time they realize this, they have typically passed the first month.

Therefore, it would be beneficial if you started eating healthily and safely throughout pregnancy as soon as you started thinking about starting a family. This will contribute to a risk-free pregnancy. Read this article to know more about what kind of **foods to avoid in first month of pregnancy**.

Smoked seafood

Do not consume smoked and frozen seafood because they may contain the bacteria *Listeria monocytogenes*. This bacteria can cause listeriosis, which has symptoms including diarrhea and vomiting and can make babies sick or possibly cause miscarriage or stillbirth. Additionally, processed seafood has high salt content, which raises blood pressure and causes organ swelling.

Packaged and Processed Foods

Preservatives and empty calories are found in packaged and processed foods including drinks, ready - to - cook meals, cakes, biscuits, condensed milk, etc. Additionally, some packaged goods could have microorganisms that lead to food poisoning. Eat freshly prepared, home-cooked meals that are produced using natural or organic ingredients instead. You must keep this in mind if you are looking for [foods to avoid in first month of pregnancy](#).

Papayas

Latex, which is present in unripe and semi-ripe papayas, induces uterine contractions that lead to preterm labor or even miscarriage. Stay away from them when pregnant. However, ripe papayas are nutrient-rich and safe to eat in moderation with the approval of your doctor.

Raw shellfish

To avoid seafood-borne infections and food poisoning, keep away from eating raw shellfish like oysters, clams, and mussels. They have poisonous toxins, viruses, and germs that will make you sick. If you are making a list of **foods to avoid in first month of pregnancy** then make sure to add it.

Raw meat

Consuming pink or bloody raw or undercooked meat, which carries the *Toxoplasma* parasite and the dangerous bacterium *Salmonella*, is not a good idea. The possibility of food poisoning is increased by salmonella. After consuming the meal, toxoplasma develops

toxoplasmosis, which manifests as flu-like symptoms a few weeks later. Miscarriage or fetal death during birth are possible outcomes.

Soft cheeses

Soft cheeses such as Camembert, Roquefort, Gorgonzola, brie, feta, blue cheese, queso fresco, queso blanco, and panela shouldn't be consumed if the cheese hasn't been pasteurized. Listeria are present in unpasteurized soft cheeses that can cause food poisoning.

Unwashed fruits and vegetables

Unwashed fruit contains the parasite Toxoplasma, which is harmful to a developing baby. Fruits and vegetables that haven't been properly washed may contain toxoplasmosis-infected soil, which you could consume if you eat them. You must include unwashed **foods to avoid in first month of pregnancy**.

Excess caffeine

Caffeine use could raise the risk of miscarriage and low birth weight babies. 200 mg should be your daily limit. Caffeine is an ingredient in many energy drinks, tea, and chocolate. According to several studies, caffeine consumption is linked to baby withdrawal symptoms and premature births. Soft drinks, diet soda, alcohol, and iced tea are other beverages to stay away from while pregnant.

Canned foods

Because of their extended shelf lives, tinned foods may be beyond their prime and carry dangerous bacteria. The lining of the food cans includes Bisphenol A (BPA), a harmful chemical that disrupts embryonic endocrine activity and causes fertility issues, cancer, liver disorders, and heart diseases in pregnant women. High BPA levels can be found in canned soup, pasta, and baby food. Furthermore, the mother and fetus are poisoned by the high mercury levels in canned tuna and tuna salads

Sugary foods

Reduce your consumption of sweets, candies, cakes, ice cream, biscuits, chocolates, and beverages with added sugar. They exacerbate pregnancy discomforts (vomiting, nausea, constipation, and heartburn), lead to weight gain, raise the risk of gestational diabetes, increase the probability of preterm birth and preeclampsia, and raise the risk that newborns may develop metabolic syndrome. This one is important to remember if you want to know about **foods to avoid in first month of pregnancy**.