What Not To
Consume
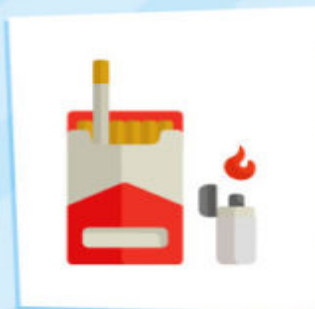### In The Last Month Of
Pregnancy

Raw or undercooked meat and poultry

Caffeine (including excessive chocolates)
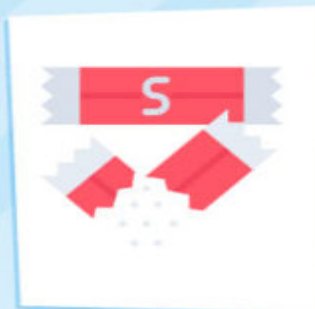
Alcohol

Tobacco

Unpasteurized dairy products such as soft cheeses

Artificial sweeteners

Raw seafood

Pre-packed salads

Reference:
Foods to avoid when pregnant; Pregnancy, Birth and Baby

Mom Junction