



EATING GOAT CHEESE IN PREGNANCY

Goat cheese to eat

Pasteurized goat cheese



A lower risk of bacterial infection due to the pasteurization process of the milk.

Hard goat cheese



A safer option with low water content, which is unfavorable for bacterial growth.

Goat cheese to avoid

Unpasteurized goat cheese



May carry harmful listeria bacteria that might increase the risk of miscarriage.

Mold-ripened soft goat cheese



The high water content may lead to bacterial growth, posing a threat to the pregnancy.

Tips to include goat cheese in pregnancy diet



Sprinkle the cheese crumbs over a salad or vegetable dish.



Make a flavorful combination of sweet fruits and salty goat cheese.



Have a goat cheese and cracker sandwich.



Bake a cheesy and healthy pizza with dollops of goat cheese.