

# If You Are Pregnant . . .

## Eating Certain Cheeses Could Harm Your Baby!



Cheeses made from unpasteurized milk can contain bacteria called *Listeria*. It can make your baby sick – *even before he is born*.

- Don't eat Mexican-style soft cheese like Queso Fresco, Panela, Asadero or Queso Blanco **unless the label states that it is made from pasteurized milk.**



- Do not buy or eat Queso Fresco sold **door-to-door**.
- If you think you may have eaten contaminated cheese while pregnant, call your doctor or clinic.

Visit  
[www.cfsan.fda.gov](http://www.cfsan.fda.gov)  
for more information.



U.S. Food and Drug  
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