

U.S. Food and Drug
Administration



U.S. Department of Health
and Human Services

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Keep Your Unborn Baby Safe



*Don't Eat Cheeses Made from
Unpasteurized Milk*

Many women don't realize that they are putting their unborn babies at risk. If you eat Mexican-style soft cheeses made from unpasteurized milk while you are pregnant, you could harm your baby!

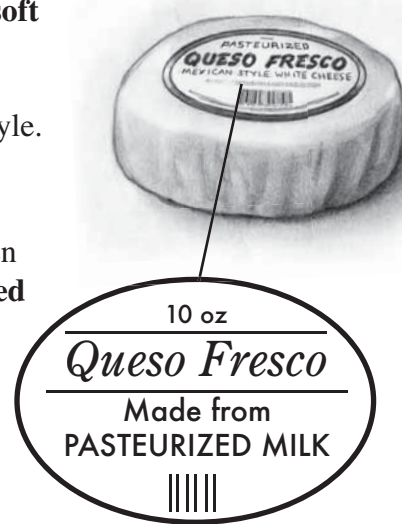
What does "Unpasteurized" Mean?

- Pasteurized milk is heated at a processing plant to **kill bacteria**.
- Unpasteurized (raw) milk can contain dangerous bacteria that can hurt or kill your unborn baby – **even if you don't feel sick!**

Some Cheeses Could Harm Your Unborn Baby!

Cheeses made from raw or "**unpasteurized**" milk can contain bacteria that might make your baby sick — even before he is born.

- "Queso Fresco" is a **Mexican-style soft cheese** that is sometimes made with unpasteurized milk. **Many types of cheeses** are made "Queso Fresco"-style. These include Queso Fresco, Panela, Asadero, and Queso Blanco.
- These unpasteurized cheeses are often sold **door-to-door**, sold by **unlicensed street vendors**, or **brought into the U.S.** from Mexico or Latin America.
- **Before eating any of these soft Mexican-style cheeses**, check the label to make sure it says "Made from Pasteurized Milk." If it doesn't – **do not eat it.**



Eating Cheese from Unpasteurized Milk Can Cause Listeriosis and Other Diseases

- **Listeria** is a bacteria that causes a disease called **listeriosis**. It can cause birth defects and other serious problems — even the death of your baby.
- Other diseases caused by cheese made from unpasteurized milk include:
 - Tuberculosis
 - Salmonellosis
 - Brucellosis
- Symptoms of listeriosis can include:
 - fever
 - chills
 - muscle aches
 - upset stomach
 - nausea and/or diarrhea



Or, there may be no symptoms at all!

If You're Concerned That You've Eaten Contaminated Cheese While Pregnant:

- Call your doctor or clinic right away
- Your doctor may prescribe antibiotics that are safe to take during pregnancy