Cheeses made from unpasteurized milk can contain bacteria called *Listeria*. It can make your baby sick — *even before he or she 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 cheese sold *door-to-door.*

- If you think you may have eaten contaminated cheese while pregnant, call your doctor or clinic.

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

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