If You Are Pregnant ...

Some Cheeses Could Harm Your Unborn Baby!

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 for more information.