

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.

