

# 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](http://www.fda.gov)**  
for more information.

