

Grocery Shopping

Help reduce your contact with chemicals during pregnancy



Load up on fruits and vegetables, which are full of nutrients that can help your baby grow — and help you stay healthy.



Fish can be good for both you and your baby! But **choose fish and seafood that are low in mercury**, such as pollock, salmon, light tuna, and shrimp.

Avoid fish that can be high in mercury, such as shark, tilefish, king mackerel, swordfish, marlin, orange roughy, or tuna steaks.



Look for food and drinks that come in glass bottles or containers. Plastic bottles may have chemicals which can leak into your food or drink.



When shopping for canned foods, **choose cans that don't have rust or deep dents** (dents that are sharp or big enough to stick a finger into). Rust and deep dents can allow bacteria that release toxins to get inside.

Choose a variety of lean meats, fish, and fruits and vegetables so you can **make healthy meals at home.**

[Learn more ways to help reduce your contact with chemicals while you're pregnant.](#)

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