



Grossesse : les aliments autorisés, interdits et déconseillés

	Autorisés	Interdits	Déconseillés
Charcuterie	Jambon cuit, pâté pasteurisé	Jambon cru, rillettes, saucisson	Chorizo, pâtés non pasteurisés
Viande	Viande bien cuite	Viande crue ou peu cuite (tartare, carpaccio)	Viande fumée ou marinée
Poisson	Poisson bien cuit, en conserve	Poisson cru (sushi, sashimi)	Poisson fumé, poissons à forte teneur en mercure (espadon, requin)
Fromages	Fromages pasteurisés, fromage fondu	Fromages au lait cru	Fromages à pâte molle (brie, camembert) non pasteurisés
Œufs	Œufs bien cuits	Œufs crus ou peu cuits	Mousses, sauces maison à base d'œufs crus
Fruits & Légumes	Bien lavés	Mal lavés	---
Crustacés	Bien cuits	Crustacés crus	Crustacés fumés
Café-Thé	Café décaféiné, thé léger	Excès de caféine (>200 mg/jour)	Thé vert en grande quantité
Alcool	---	Tous types d'alcool	---
Soja	---	Excès de produits à base de soja	---

Attention aux risques

- ➡ **Listeria** : Évitez les produits laitiers non pasteurisés et les charcuteries pour prévenir la listériose, dangereuse pour le bébé.
- ➡ **Toxoplasmose** : Mangez des viandes bien cuites et lavez bien les fruits et légumes. Attention particulière pour les femmes non immunisées.
- ➡ **Mercure** : Limitez les gros poissons qui peuvent affecter le développement du système nerveux du bébé.

Alimentation Durant La Grobebe

Jessica J Manson



Alimentation Durant La Grobebe:

Unveiling the Magic of Words: A Report on "**Alimentation Durant La Grobebe**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Alimentation Durant La Grobebe**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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