

Can I eat this when I’m pregnant?

What HealthHub (HPB), KKH and SFA say about 54 local foods and drinks. General guidance, not medical advice: ask your doctor about your own diet.

Avoid

- Sashimi and raw-fish sushi
- Yusheng (lo hei raw fish salad)
- Raw oysters
- Raw marinated crab or prawns
- Batang (king mackerel)
- Shark, including shark’s fin soup
- Swordfish and tilefish
- Bluefin and bigeye tuna (fresh tuna steak, maguro)
- Ham, salami and cold cuts
- Pâté and meat spreads
- Brie, Camembert, feta and blue cheese
- Unpasteurised (raw) milk
- Raw salad and raw vegetables
- Beer, wine and spirits

High-mercury fish (batang, shark, swordfish, big tuna): HealthHub says avoid, SFA says limit.

Only when fully cooked

- Half-boiled eggs
- Onsen eggs and runny yolks
- Tiramisu, mayonnaise and other raw-egg dishes
- Cockles (see hum) in laksa or char kway teow
- Medium-rare steak and pink meat
- Satay and barbecued meat
- Steamboat and hotpot
- Luncheon meat, hot dogs and sausages
- Enoki mushrooms

Higher risk, says SFA

- Smoked salmon
- Pre-cut fruit, including rockmelon

Caffeine: less than 200 mg a day

KKH: “LIMIT to less than 200mg of caffeine per day.” HPB: “Limit your intake of caffeinated beverages to no more than two cups per day.”

Caffeine in one cup, mug, shot or bottle

Kopi (any kind)	60–100 mg
Teh (any kind)	30–50 mg
Instant or 3-in-1 coffee	60–80 mg
Filter or drip coffee	140 mg
Espresso shots (in a latte, cappuccino or long black)	30–50 mg
Green tea	24–45 mg
Bottled tea	5–40 mg

No official figure for coffeeshop kopi: we use HPB’s figure for a cup of brewed coffee. Kopi is mostly Robusta, which has more caffeine.

Fine to eat

Hard-boiled and fully cooked eggs, salmon, tilapia and seabass, cooked, other fish, cooked (fish soup, steamed fish), ikan bilis and sardines, prawns, crab and squid, cooked, low-fat milk and yoghurt, spinach, broccoli and other leafy greens, cooked, tofu and soya bean milk.

No documented harm (HPB)

Papaya, pineapple, grass jelly, green bananas and other “cooling” foods.

No official guidance: ask your doctor

Canned tuna, cooked liver (pig’s or chicken liver), cheddar and other hard cheese, durian, bird’s nest, herbal soups and tonics, ginseng, chicken essence, dishes cooked with rice wine, health supplements.

Sources, all checked 17 October 2026: HealthHub (HPB), Healthy Start for Your Pregnancy (reviewed 17 June 2026) and Getting your caffeine hit (6 October 2026); HealthHub (NHG Health), 9 pregnancy myths debunked (16 November 2021); HealthHub (HPB), Alcohol and pregnancy (15 November 2022); KKH, Do’s and don’ts in pregnancy (no date stated); SFA food safety pages (2021 to 2026). Look up any food: raisingangels.sg/tools/pregnancy-food-check/