Although fish and cheese are good foods for a woman to include in a healthy pregnancy diet, here's some up-to-the-minute information you should know about:

■ The Food and Drug Administration (FDA) recommends that pregnant women avoid soft cheeses like Brie and Camembert and unpasteurized milk and milk products. These foods can contain Listeria monocytogenes bacteria, which causes an infection called listeriosis. During pregnancy, this infection can cause miscarriage or serious illness in newborns.

■ There has been widespread disagreement lately over the safety and quality of fish and shellfish and their levels of contamination from such substances as mercury and PCBs. The FDA says that most fish are free of contamination or disease when caught but can spoil during shipping or from poor storage, handling or cooking.

As a precaution during pregnancy, it's a good idea to vary your diet to avoid overexposure to any one substance contained in fish or other foods. Make sure fish looks and smells fresh when you purchase it and cook it thoroughly to kill any parasites or bacteria. Never eat raw fish, shellfish, meat or eggs. Bacteria and parasites in these foods, such as salmonella, can make you quite sick and can affect your unborn baby.

Getting Prenatal Care is Linked to Getting Well-Baby Care

Getting prenatal care is one of the most important things you can do to help your baby be born healthy. Taking your baby for regular checkups and immunizations against major childhood diseases after birth is the best way to keep your child healthy.

Unfortunately, if you don't get prenatal care, chances are you won't arrange for well-baby care and immunizations for your new baby, either. That's the conclusion of researchers at the Johns Hopkins Children's Center.

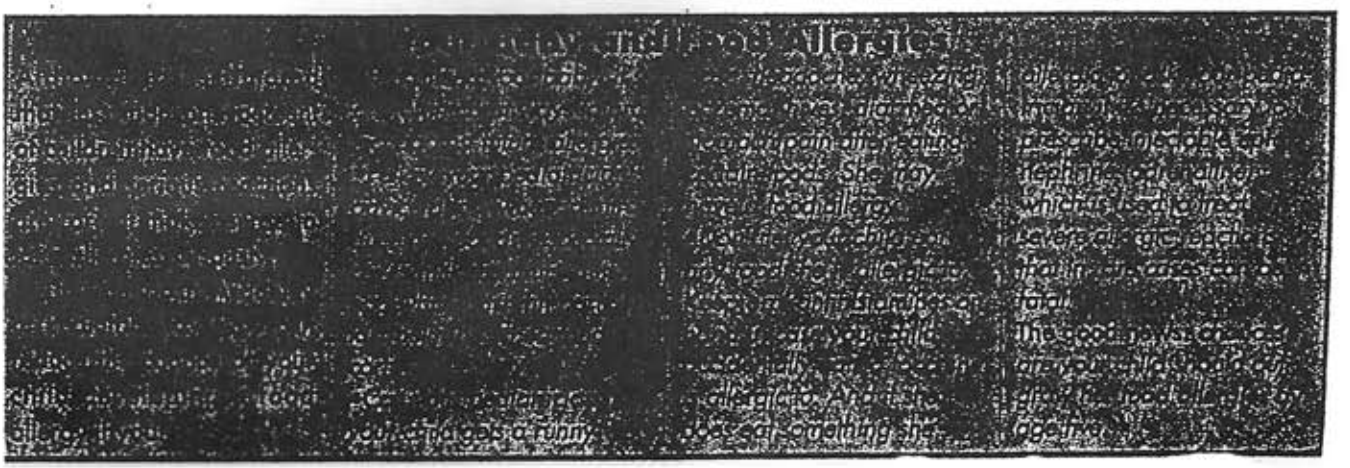
Their study showed that this was true even for mothers who took drugs during pregnancy. If these mothers got prenatal care, they were more likely to take their babies for checkups and immunizations than mothers who didn't take drugs but didn't get prenatal care.

Choose a pediatrician for your baby while you are pregnant and arrange a meeting to discuss how often to bring your baby for checkups. Then follow the schedule after your baby is born.

Info-Packed Freebies

Wonder if your baby's development is normal? 12-23-92
The Pathways Awareness Foundation of Chicago has prepared a brochure that illustrates normal development at different stages as well as developmental problems parents should be aware of. For a copy (in English or Spanish), send a self-addressed, stamped envelope to: Pathways Awareness Foundation, 123 N. Wacker Dr., Chicago, IL 60606. Thank you

Do you understand the risks of Hepatitis B?
Hepatitis B is a highly contagious, sexually-transmitted disease that is also passed through infected blood, close household contact and from mother to child during birth. For a free brochure on hepatitis B, call toll-free 24 hours a day 1-800-HEP-B-873.

Always looking for tips to get your child to eat right?
"A Parent's Guide to Happy, Healthy Kids" is available free from Kelloggs. Write to Kelloggs Rice Krispies, P.O. Box 5223, Battle Creek, MI 49016-5223.

Want to give your baby a healthy smile right from the start?
For a free booklet that answers questions about caring for the gums and teeth of infants and toddlers, write to: Del Pharmaceuticals Pediatric Department, 163 East Bethpage Road, Plainview, NY 11803.