

# Food Safety During Pregnancy

Did you know that during pregnancy you are **MORE** at risk for getting foodborne illnesses?

Foodborne illnesses come from foods you eat. Symptoms can be mild or severe and may include:

- Diarrhea
- Nausea/vomiting
- Stomach ache
- Headache
- Fever
- Chills

Foodborne illnesses can have harmful effects on you and your unborn baby. If you get sick from *Listeria*, *Toxoplasma*, or *Salmonella*, it can cause miscarriage, stillbirth, or serious health problems for the newborn baby. Check out the back of this pamphlet for tips on food safety.

A mother may not show signs of a foodborne illness, but the infection can still be passed to her baby.



If you think you might have a foodborne illness, see your doctor right away!



## Keep Your Baby Safe During Pregnancy

*Skip risky foods . . . learn what to choose!*

Thorough cooking can make food safe for you to eat. Use a food thermometer to make sure food is completely cooked.

Instead of...	Choose
Cold hot dogs, deli meats and luncheon meats	Hot dogs, luncheon meats, and deli meats <u>reheated</u> to steaming hot
Undercooked meat and poultry	Fully cooked meat and poultry
Raw or undercooked seafood	Fully cooked seafood
Refrigerated smoked fish or pre-cooked seafood such as shrimp, crab, and deli seafood salads	Tuna, salmon, or crabmeat in cans or pouches
Refrigerated pâtes and meat spreads	Canned pâtes or meat spreads
Raw sprouts	Fresh vegetables ( <i>well-cleaned</i> ) or cooked sprouts
Soft cheeses made from raw milk such as Feta, Brie, Camembert, blue-veined cheeses, queso fresco, queso blanco and Panela	Hard cheeses, processed cheeses, cream cheese, cottage cheese, mozzarella, or soft cheeses made from pasteurized milk
Raw or undercooked eggs	Eggs that are cooked until the white and yolk are firm
Raw milk or milk products	Pasteurized milk or milk products
Unpasteurized juice (May be labeled “fresh squeezed” or “chilled”)	Frozen concentrate or canned juices OR refrigerated juices that are labeled as pasteurized