

















FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT		
Foods to Avoid	Here's Why	Foods to Eat
 Raw seafood	May contain parasites or bacteria	 Fish cooked to 145 °F
 Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Pasteurized versions are safer alternatives.
 Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Hard cheese & cheese made with pasteurized milk
 Undercooked eggs	May contain <i>Salmonella</i>	 Eggs with firm yolks
 Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	 Make these dishes at home
 Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	 Cook thoroughly
 Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	 Reheat until 165 °F or steaming hot
 Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	 Meat and poultry at or above the USDA recommended internal temperature

SAFE INTERNAL COOKING TEMPERATURES

145 °F 

Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time

Fish 

160 °F 

Egg dishes 

Ground beef, pork, veal and lamb 

165 °F 

Whole, ground, or pieces of chicken, turkey and duck 

DANGERS OF LISTERIA AND TOXOPLASMA GONDII

Listeria monocytogenes



Pregnant women are **10 times more likely** to get Listeriosis.

These foodborne illnesses can infect your baby even if you do not feel sick.

Listeriosis can cause:

-  Miscarriages
-  Premature labor
-  Low-birth weight
-  Infant death



50% of Toxoplasmosis infections in the U.S. are acquired from food.

Toxoplasma gondii



Toxoplasmosis can cause babies to develop:

-  Hearing loss
-  Blindness
-  Mental retardation
-  Brain or eye problems later in life

REMEMBER

CLEAN



Clean:

Wash hands and surfaces often.

SEPARATE



Separate:

Keep raw meat and poultry separate from ready-to-eat foods.

COOK



Cook:

Cook foods to the proper internal temperature.

CHILL



Chill:

Get leftovers to the fridge within 2 hours of being cooked.



For more food safety tips, go to
—FoodSafety.gov—

ADDITIONAL SOURCE: CDC