

Food Safety While You are Pregnant

Keeping food safe for your family is important all the time but especially while you are pregnant. During pregnancy you may not be able to fight off bacteria or other infection as easily as you normally could.

Think of it like this:

Prepare and keep food safely at home

- Clean hands; Clean prep surfaces
- Keep raw meat and poultry away from other foods
- Cook to the correct temperature or doneness
- Refrigerate leftovers within 2 hours of being cooked

Avoid these foods that are likely to have a higher risk of being unsafe

- Uncooked or unheated meats like hot dogs or luncheon meats taken straight from the package
- Smoked or raw seafood (sushi)
- Soft cheeses like Feta, queso fresco, Brie, blue
- Raw sprouts no matter if you've grown your own or if they are on a salad bar
- Unpasteurized milk or juice
- Cold egg or meat salads unless you made them and are certain all parts have been well cooked before being mixed in