

















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.

Listeriosis can cause:

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

Toxoplasma gondii



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

Toxoplasmosis can cause babies to develop:

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

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

REMEMBER

- CLEAN:** Wash hands and surfaces often.
- SEPARATE:** Keep raw meat and poultry separate from ready-to-eat foods.
- COOK:** Cook foods to the proper internal temperature.
- CHILL:** Get leftovers to the fridge within 2 hours of being cooked.



For more food safety tips, go to FoodSafety.gov

ADDITIONAL SOURCE: CDC