

Food Safety for Baby and Me

Learn food safety steps to keep expecting moms safe from foodborne illness.



Pregnant? Do not eat these foods:

Type of Food	Reason to Avoid	Have Instead
 Raw seafood	May contain parasites or bacteria	Fish cooked to 145°F
 Unpasteurized juice, cider, or milk	May contain <i>E. coli</i> or <i>Listeria</i>	Pasteurized versions
 Soft cheese or cheese made from unpasteurized milk	May contain <i>E. coli</i> , <i>Listeria</i> , or <i>Salmonella</i>	Hard cheese or cheese made with pasteurized milk
 Undercooked eggs	May contain <i>Salmonella</i>	Eggs with firm yolks
 Pre-made deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	Make these dishes at home
 Raw sprouts or pre-cut melon	May contain <i>E. coli</i> , <i>Salmonella</i> , or <i>Listeria</i>	Cook sprouts thoroughly; only use freshly cut melon
 Cold hot dogs or luncheon meats	May contain <i>Listeria</i>	Reheat to steaming hot or 165°
 Undercooked meat or poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , or <i>Toxoplasma gondii</i>	Cook at or above the USDA recommended internal temperature

The Dangers of *Listeria* and *Toxoplasma Gondii*

These foodborne illnesses can infect your baby, causing them **serious harm or death** even if you do not feel sick:

LISTERIA MONOCYTOGENES



Pregnant women are 10x likelier to get listeriosis.

TOXOPLASMA GONDII



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

Safe Internal Cooking Temperatures



- 165°F** poultry (chicken, turkey, and duck)
- 160°F** egg dishes; ground beef, pork, veal, and lamb
- 145°F** fish; beef, pork, veal and lamb steaks, roasts, and chops with a 3-minute rest time

Use these 4 steps to food safety:



CLEAN
hands and surfaces often



SEPARATE
raw meat and poultry from ready-to-eat foods



COOK
foods to a safe internal temperature



CHILL
perishable foods within 2 hours



Provided by the U.S. Department of Health and Human Services (HHS) in partnership with the U.S. Department of Agriculture (USDA). The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) are divisions of HHS. The Food Safety and Inspection Service (FSIS) is part of USDA.

For more food safety tips, visit [FoodSafety.gov](https://www.foodsafety.gov)