

## Making safe and nutritious food choices is very important during pregnancy

### Choose fish

It's good to eat enough fish, especially when pregnant or breastfeeding. Fish are a valuable source of protein, minerals, vitamin B12, and iodine. They are low in saturated fat and contain omega-3 fatty acids which are important for the development of babies' central nervous systems before and after birth. Most fish in Australia are low in mercury but some are higher and too much mercury can harm developing nervous systems. It's best to know the mercury levels of different types of fish and how often to eat each type. See Table 1 to select fish safely.

### Choose safer foods

*Listeria* are bacteria found in some foods even when stored correctly. It can cause a rare but dangerous infection and lead to miscarriage, premature labour, or stillbirth.

To avoid *listeria* when pregnant:

- eat only freshly cooked food
- eat only well washed, freshly prepared fruit and vegetables
- refrigerate leftovers promptly and eat by the next day
- avoid foods that may have been made more than a day in advance
- avoid the higher-risk foods in Table 2

### Table 1: Choose fish

<b>Pregnant and breastfeeding women and women planning pregnancy</b> 1 serve equals 150g	<b>Children up to 6 years</b> 1 serve equals 75g
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**Eat 2-3 serves per week of any fish and seafood not listed below**

**OR**

**Eat 1 serve per week of these fish, and no other fish that week:**

Catfish or Orange Roughy (Deep Sea Perch)

**OR**

**Eat 1 serve per fortnight of these fish, and no other fish that fortnight:**

Shark (Flake) or  
Billfish (Swordfish, Marlin)

Source: Food Standards Australia New Zealand

### Table 2: Choose safer foods

**Avoid eating higher risk foods when pregnant**

Examples:

cold processed meats	ham, salami, luncheon, chicken meat
cold, cooked chicken or turkey	as used in sandwich or salad bars
soft and semi-soft cheese	brie, camembert, ricotta, feta, blue
pre-prepared or pre-packaged salads, sandwiches & wraps	fruit salad, salad leaves, smorgasbord salads
pâté	pâté, meat spreads
ready-to-eat, chilled seafood	raw sushi, sashimi or oysters; pre-cooked prawns, smoked salmon
soft serve ice-cream	
unpasteurised dairy products	raw goats milk, Roquefort cheese



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# A healthy food message

The NSW Food Authority is the government organisation that helps ensure NSW food is safe and correctly labelled.

For more information on safer eating during pregnancy:

[www.foodauthority.nsw.gov.au/pregnancy](http://www.foodauthority.nsw.gov.au/pregnancy)

To obtain copies of this card:

[www.foodauthority.nsw.gov.au/pregnancyorders](http://www.foodauthority.nsw.gov.au/pregnancyorders)

or phone 1300 552 406

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