

## Safer eating during pregnancy

Red = Don't eat. Yellow = Eat with caution. Green = OK to eat.

| Food                               | Examples  | What to do   |
|------------------------------------|---|--|
| <b>MEAT, POULTRY &amp; SEAFOOD</b> |   |  |
| <b>Processed meats</b>             | Ham, salami, luncheon, chicken meat etc.                                  | <b>DON'T EAT</b> unless in a fully cooked dish   |
| <b>Raw meat</b>                    | Any raw meat, raw chicken or other poultry, beef, pork etc.               | <b>DON'T EAT</b>   |
| <b>Poultry</b>                     | Cold chicken or turkey e.g. used in sandwich bars                         | <b>DON'T EAT</b>   |
|                                    | Hot take-away chicken   | Purchase freshly cooked, use immediately, store leftovers in fridge and use within a day of cooking                  |
|                                    | Home cooked   | Ensure chicken is cooked thoroughly, use immediately – store any leftovers in fridge and use within a day of cooking |
| <b>Paté</b>                        | Refrigerated paté or meat spreads   | <b>DON'T EAT</b>   |
| <b>Seafood</b>                     | Raw seafood   | <b>DON'T EAT</b>   |
|                                    | Ready-to-eat chilled peeled prawns  | <b>DON'T EAT</b>   |
|                                    | Cooked fish and seafood   | Cook until steaming hot, eat while hot, store leftovers in the fridge and use within a day of cooking                |
| <b>Sushi</b>                       | Store-bought  | <b>DON'T EAT</b>   |
|                                    | Home-made   | Don't use raw meat or seafood, eat immediately   |
| <b>Cooked meats</b>                | Beef, pork, chicken, mince  | Cook thoroughly, eat while hot   |
| <b>DAIRY &amp; EGGS</b>            |   |  |
| <b>Cheese</b>                      | Soft and semi-soft cheese e.g. brie, camembert, ricotta, fetta, blue etc. | <b>DON'T EAT</b> unless in a fully cooked dish e.g. spinach and ricotta cannelloni                                   |
|                                    | Processed cheese, cheese spreads, cottage cheese, cream cheese etc.       | Store in the fridge, eat within two days of opening pack   |
|                                    | Hard cheese e.g. cheddar, tasty cheese                                    | Store in the fridge  |
| <b>Ice cream</b>                   | Soft serve  | <b>DON'T EAT</b>   |
|                                    | Packaged frozen ice cream   | Keep and eat frozen  |

Pull this table out to keep as a handy reminder of foods to avoid during pregnancy.

| Food                          | Examples   | What to do  |
|-------------------------------|--|---|
| <b>Milk</b>                   | Unpasteurised (raw)  | <b>DON'T DRINK OR USE</b>   |
|                               | Pasteurised  | Keep refrigerated, drink within 'use by' date   |
| <b>Other dairy</b>            | Cream, yoghurt   | Check 'best before' or 'use by' date, keep refrigerated   |
|                               | Custard  | Don't eat unless heated until steaming hot  |
| <b>Eggs</b>                   |  | Cook thoroughly   |
| <b>VEGETABLES &amp; FRUIT</b> |  |   |
| <b>Salads</b>                 | Pre-prepared or pre-packaged salads, including fruit salad e.g. from salad bars, smorgasboards   | <b>DON'T EAT</b>  |
|                               | Home-made  | Wash and dry salad ingredients well just before making and eating salads, store any leftover salads in fridge and use within a day of preparation |
| <b>Fruit</b>                  | Whole fresh fruits   | Wash and dry well before eating   |
| <b>Vegetables and herbs</b>   | Fresh vegetables and herbs   | Wash and dry well just before eating raw or wash before cooking   |
|                               | Frozen vegetables  | Cook; don't eat uncooked  |
| <b>Bean sprouts</b>           | Alfalfa sprouts, broccoli sprouts, onion sprouts, sunflower sprouts, clover sprouts, radish sprouts, snowpea sprouts, mung beans and soybeans. | <b>DON'T EAT</b> raw or lightly cooked  |
| <b>OTHER FOODS</b>            |  |   |
| <b>Leftovers</b>              | Cooked foods   | Store leftovers covered in the fridge, eat within a day and always reheat until steaming hot  |
| <b>Canned foods</b>           | Tinned fruit, vegetables, fish etc.  | Store unused portions in the fridge in clean, sealed containers and use within a day  |
| <b>Stuffing</b>               | Stuffing from chicken or poultry   | Don't eat unless cooked separately and eat hot  |
| <b>Hummus</b>                 | Store-bought or home-made  | Store in fridge, eat within 2 days of opening/making  |