

FOODS TO AVOID WHILE YOU'RE PREGNANT

Because you're more sensitive to bacteria that can cause food poisoning, you shouldn't eat these high-risk foods during your pregnancy:

FOODS TO AVOID	SAFER ALTERNATIVES
<ul style="list-style-type: none"><li>Hot dogs straight from the package without further heating.</li></ul>	<ul style="list-style-type: none"><li>Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog should be steaming hot or 74 °C (165 °F).</li></ul>
<ul style="list-style-type: none"><li>Non-dried deli meats such as bologna, roast beef and turkey breast.</li></ul>	<ul style="list-style-type: none"><li>Dried and salted deli meats such as salami and pepperoni.</li><li>Non-dried deli meats heated throughout to steaming hot.</li></ul>
<ul style="list-style-type: none"><li>Raw or lightly cooked eggs or egg products, including salad dressings, cookie dough or cake batter, sauces and drinks such as homemade eggnog.</li></ul>	<ul style="list-style-type: none"><li>Egg dishes thoroughly cooked to a safe internal temperature. Eggs should be cooked until the yolk is firm.</li><li>Homemade eggnog must be heated to 71 °C (160 °F).</li></ul>
<ul style="list-style-type: none"><li>Raw or undercooked meat or poultry such as steak tartare.</li></ul>	<ul style="list-style-type: none"><li>Meat and poultry cooked to a safe internal temperature.</li></ul>
<ul style="list-style-type: none"><li>Raw seafood such as sushi.</li><li>Raw oysters, clams and mussels.</li><li>Refrigerated smoked seafood.</li></ul>	<ul style="list-style-type: none"><li>Seafood cooked to a safe internal temperature of 74 °C (165 °F).</li><li>Cook until the shell has opened.</li><li>Smoked seafood in cans that do not require refrigeration until after opening.</li></ul>
<ul style="list-style-type: none"><li>Raw or unpasteurized dairy products, including soft and semi-soft cheese, such as Brie, Camembert and blue-veined cheese.</li></ul>	<ul style="list-style-type: none"><li>Pasteurized dairy products, hard cheeses such as Colby, Cheddar, Swiss and Parmesan.</li></ul>
<ul style="list-style-type: none"><li>Raw sprouts such as alfalfa, clover, radish and mung beans.</li></ul>	<ul style="list-style-type: none"><li>Thoroughly cooked sprouts.</li></ul>
<ul style="list-style-type: none"><li>Refrigerated pâtés and meat spreads.</li></ul>	<ul style="list-style-type: none"><li>Pâtés and meat spreads sold in cans or those that do not require refrigeration until after opening.</li></ul>
<ul style="list-style-type: none"><li>Unpasteurized fruit juice and cider.</li></ul>	<ul style="list-style-type: none"><li>Unpasteurized fruit juice and cider brought to a rolling boil and cooled.</li><li>Pasteurized fruit juice and cider.</li></ul>

Health Canada: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/pregnant-women-femmes-enceintes-eng.php>

WHAT DO I NEED TO KNOW ABOUT LISTERIOSIS?

Listeriosis is a rare but serious disease caused by eating food contaminated by bacteria called Listeria. It can cause miscarriage or stillbirth and it can make your baby sick when he/she is born. Listeria is often found on foods that you don't normally cook and can survive at fridge temperatures. Avoid listeriosis by not eating certain foods and handling food safely.

Listeria may be found on:

- Unpasteurized cheese and milk
- Soft cheeses
- Deli meats
- Hot dogs
- Raw seafood

Symptoms of Listeriosis can include:

- Fever and headache
- Nausea and vomiting
- Diarrhea
- Muscle aches

EATING FISH WHILE YOU'RE PREGNANT

Fish are an important source of protein and Omega 3 fatty acids which are important for your baby's brain development. However, some kinds of fish contain higher amounts of mercury, a metal that can be harmful to your unborn child's developing brain.

It is recommended that consumption of:

- Ahi tuna (bigeye tuna), escolar, sea-bass, shark, marlin, swordfish and barracuda be limited to 150 grams per month.
- Canned albacore tuna (white), cod, bass, rockfish and trout be limited to 300 grams per week.
- Other fish (salmon, rainbow trout, sole and other canned "light" tuna, such as skipjack, tongol and yellowfin) can be eaten anytime.

GET THE  
SAFE  
FOOD  
FACTS



Eat Safely During  
Your Pregnancy

Get more safe food tips and information at  
[ontario.ca/SafeFoodFacts](http://ontario.ca/SafeFoodFacts)



# EAT SAFELY, EAT WELL DURING YOUR PREGNANCY

Pregnancy changes how your immune system works, making it easier for you to get food poisoning and become very sick. Food poisoning can also make your baby sick before and after being born.

Many cases of food poisoning happen at home, so it’s important to be careful when you choose and prepare food. Always follow the four food safety steps: clean, separate, cook and chill. Eat properly and avoid foods that may be unsafe.

## WHAT IS FOOD POISONING?

Foodborne illness (commonly known as food poisoning), usually happens when people eat food that is contaminated with harmful bacteria, viruses and parasites. Foods that are contaminated with these bacteria don’t necessarily look, smell or taste unusual. You can prevent food poisoning at home by always following the four food safety steps: clean, separate, cook and chill.

## WHAT ARE THE SYMPTOMS?

### Symptoms of food poisoning can include:

- Nausea
- Vomiting
- Diarrhea
- Fever
- Stomach Cramps

If you have signs or symptoms of food poisoning, contact your doctor right away.



CLEAN

One of the most important things you can do to prevent food poisoning is cleaning your hands, surfaces and equipment. Do it often and do it well! Bacteria can get onto hands, cutting boards, knives, dishcloths, countertops and the food itself.

### Cleaning tips:

- Always wash your hands before preparing, handling, serving or eating food.
- Keep kitchen equipment, cutting boards, dishes, countertops, tables, taps, sinks and appliances (including fridge door handles) clean.
- Keep your dishcloths, aprons and towels clean by running them through the washing machine often.
- Wash all fresh produce under cold running water.



SEPARATE

Cross-contamination occurs when bacteria spread from one food item to another. This can easily happen when cooked or ready-to-eat foods come into contact with raw meat or other uncooked foods, dirty hands or contaminated utensils. Keep raw and ready-to-eat foods separate!

Be aware of possible cross-contamination. Common sources of cross-contamination are:

- Cutting boards, countertops, plates and other food surfaces
- Slicers, mixers and grinders
- Serving utensils, knives and tongs
- Food probe thermometers (these are used to test the inside temperature of food)

### Tips to avoid cross-contamination:

- Store raw meat, poultry and seafood on the bottom shelf of the fridge, so that raw juices won’t drip onto other foods.
- Use a separate cutting board for raw meat and another for fruits and vegetables.
- Wash, rinse and sanitize cutting boards, utensils and food probe thermometers before re-using.
- Never put cooked food on a plate, cutting board or surface used for raw meat, poultry, fish or eggs.
- Marinate foods in the fridge and don’t use the same marinade for basting.



COOK

Bacteria that can cause food poisoning are killed by high temperatures. Always follow the cooking instructions on food packages and make sure you cook all meat, poultry and eggs thoroughly. After cooking, keep hot food hot! Bacteria grow rapidly when food is in the danger zone, between 4°C (40°F) and 60°C (140°F).



### Cooking tips:

- Cook meat, poultry, fish and eggs to a high enough temperature for a long enough time to prevent harmful bacteria from multiplying. Use a food probe thermometer with meat and poultry to be sure!
- After cooking food, keep it at 60°C (140°F) or hotter until it’s served.
- Serve hot food while it’s hot, or put it in the fridge or freezer as soon as possible once it’s cooled (within two hours of preparation).
- Make sure that food and water you cook with is from a safe source.
- Make sure the inside of ground meat items and dishes have reached the correct temperature.
- If you’re microwaving, cover your food and stir and rotate it often for even cooking.
- Bring sauces, soups and gravy to a full boil every time you re-heat them.



CHILL

Make sure your food stays out of the danger zone. To reduce the growth of bacteria, keep cold food cold! Your fridge should always be 4°C (40°F) or colder and your freezer –18°C (0°F) or colder.

### Refrigerator tips:

- Refrigerate or freeze perishables, raw or cooked meat, poultry, fish, eggs, dairy products and leftovers within two hours of purchase or preparation.
- Refrigerate fresh fruits and vegetables within two hours of peeling or cutting.
- Store eggs in the main body of your fridge, not the fridge door.
- Don’t over-pack your fridge. Cool air needs to circulate.
- In the summer, or when your fridge is full, your fridge may get warmer. Use thermometers in your fridge, freezer and coolers to make sure they stay cold enough.
- Defrost frozen food in the fridge or microwave, not on the kitchen counter or sink.

