Pregnancy & Food Safety

Pregnant women are at high-risk for foodborne illnesses due to changes to the mother's body. To prevent a foodborne illness during pregnancy, avoid foods such as:



- · Soft cheeses
- · Unpasteurized (raw) milk
- · Deli and lunch meats
- · Hot dogs
- · Raw or undercooked eggs, meat, poultry, or fish
- · Raw or undercooked sprouts



Additional tips to prevent foodborne illness during pregnancy:

- Before handling food, wash your hands using warm running water, scrub with soap for at least 15 seconds and then rinse with water.
- If eaten, cook hot dogs and deli meats to 165 °F or °73.9 C.
- Avoid cross-contamination by keeping ready-to-eat foods separate from raw meat and fish.
- Store all perishable foods at 40 °F or 4 °C or below within 2 hours.
- · Throw away leftovers that cannot be eaten within 4 days.



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For more information, see this fact sheet: Food Safety During Pregnancy and Infancy

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