

Clean

Wash your hands and surfaces with water often while cooking. Clean spills right away, especially on hot dogs, raw meat or poultry.

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Keep raw meat and poultry away from food that is ready to eat.

Heat foods to a safe internal temperatures.

Refrigerate leftovers in the refrigerator within 2 hours after being cooked. Refrigerate foods for 1 hour in hot weather (above 90°F). Keep your refrigerator at 40°F or below.

food safety

during pregnancy

Protect your baby -

your ability to fight off infections is lower than usual when you are pregnant.

do not eat:

- ❌ hot dogs, luncheon meats, bologna, or other deli meats unless they are reheated until steaming hot.
- ❌ refrigerated pâté, meat spreads from a meat counter, or smoked seafood found in the refrigerated section of the store.
- ❌ refrigerated smoked seafood unless it is an ingredient in a cooked dish such as a casserole. Examples of refrigerated smoked seafood include fish that is labeled as "nova-style", "lox", "kippered", "smoked", or "jerky".
- ❌ salads made in the store, such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.
- ❌ soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, and Panela **unless** it is labeled as made with pasteurized milk. **Make sure the label says "MADE WITH PASTEURIZED MILK".**
- ❌ foods that have unpasteurized milk in them.
- ❌ raw sprouts.
- ❌ do not drink unpasteurized (raw) milk, cider or juice.

cook at a safe temperature

Cook beef and lamb steaks, roast and chops to 145°F with a 3 minute rest time.

Cook pig, pork, veal, lamb roasts to 160°F. Cook ground or pieces of chicken, turkey and duck to 165°F. Cook eggs until the yolks are firm.



eat seafood

Seafood are high in Omega-3 fats such as salmon, haddock and trout. These Omega-3 fats have important health benefits for you and your unborn baby. Eat 8 ounces of seafood each week. Do not limit white (albacore) tuna to 6 ounces each week. Avoid shark, swordfish, and tilefish. They are high in mercury.



Check with your local or state health department for advice on eating locally caught fish.

little steps, great beginnings



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