

10 Food Safety Tips

TO KEEP MOM AND BABY SAFE



During pregnancy a woman's immune system changes, putting them at greater risk of foodborne illness, which can cause serious health problems for both mom and baby.

CLEAN

1 Wash hands the right way

- Use soap and water
- Scrub at least 20 seconds
- Rinse with water
- Dry with a clean towel



2 Wash hands frequently

- Before preparing or eating food
- After handling raw meat, seafood, poultry or eggs
- After touching **anything** unclean

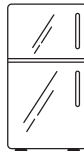
3 Sanitize surfaces

- Use hot, soapy water
- Sanitize cutting boards, counter-tops, dishes, utensils, and lids of cans or jars



4 Clean Refrigerator

- Wipe up any spills as soon as possible
- Freeze leftovers before 4 days old
- Freeze raw meats before 2-3 days old



5 Rinse fresh fruits & veggies

- Use running water. Do not use soap.
- Wash before eating, cutting, peeling, or cooking



SEPARATE

6 Separate raw meats

- Use plastic bags at the grocery store
- Store raw meats on bottom shelf in fridge



7 Avoid cross-contamination

- Keep raw meats and fresh produce from touching
- Use separate cutting boards and utensils for raw meats and fresh produce
- Never place cooked foods on a surface that held raw food

COOK

8 Cook to safe internal temperatures

- Use a food thermometer



All poultry and reheated leftovers	165°F
Egg dishes	160°F
Ground beef, pork, veal, or lamb	160°F
Fish or seafood	145°F
Beef, pork, veal, lamb chops, steaks, or roasts	145°F with 3 min rest

CHILL

9 Avoid Temperature Danger Zone (40-140°F)

- Keep hot foods above 140°F
- Keep cold foods in fridge at 40°F or freezer at 0°F

10 Store foods safely

- Use shallow containers to store leftovers
- Refrigerate perishable foods within **2 hours**



Foods to **avoid** when pregnant

- ▶ **Fish High in Mercury** - Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish, Yellowfin Tuna
**NOTE: canned, chunk *light* tuna is safe
- ▶ **Under-cooked eggs** - like over-easy eggs, raw batter/dough, homemade ice-cream, or eggnog
- ▶ **Pre-made meat or seafood salads** - including chicken salad, ham salad, or seafood salad
- ▶ **Queso and other soft cheeses** - queso fresco, queso blanco, panela, brie, feta
- ▶ **Cold hot dogs or luncheon meats** - heat until steaming (165°F)
- ▶ **Any raw or under-cooked fish, seafood, meat, or poultry**
- ▶ **Unpasteurized milks, cheese, juices, or ciders**
- ▶ **Raw sprouts**
- ▶ **Aloe juice and aloe-vera drinks**

