

Safer eating during pregnancy

Red = Don't eat. Purple = Eat with caution. Blue = OK to eat.

| Food | Examples | What to do |
|------------------------------------|---|--|
| MEAT, POULTRY & SEAFOOD | | |
| Processed meats | Ham, salami, luncheon, chicken meat etc. | DON'T EAT |
| Raw meat | Any raw meat, raw chicken or other poultry, beef, pork etc. | DON'T EAT |
| Poultry | Cold chicken or turkey e.g. used in sandwich bars | DON'T EAT |
| | 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 |
| Paté | Refrigerated paté or meat spreads | DON'T EAT |
| Seafood | Raw seafood | DON'T EAT |
| | Ready-to-eat chilled peeled prawns | DON'T EAT |
| | Smoked fish and seafood | DON'T EAT |
| | Cooked fish and seafood | Cook until steaming hot, eat while hot, store leftovers in the fridge and use within a day of cooking |
| Sushi | Store-bought | DON'T EAT |
| | Home-made | Don't use raw meat or seafood, eat immediately |
| Cooked meats | Beef, pork, chicken, mince | Cook thoroughly, eat while hot |
| DAIRY & EGGS | | |
| Cheese | Soft and semi-soft cheese e.g. brie, camembert, ricotta, fetta, blue etc. | DON'T EAT 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 |
| Ice cream | Soft serve | DON'T EAT |
| | Packaged frozen ice cream | Keep and eat frozen |

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