

Gentle Beginnings Midwifery

FOOD SAFETY IN PREGNANCY

Foodborne bacteria can be even more dangerous for your baby's health. If you develop a foodborne illness during the first three months of pregnancy, it can cause a miscarriage. Later on in the pregnancy, your baby could be delivered premature.

Certain bacteria, viruses or parasites can cross the placenta and increase the chance your baby may become infected.

Foodborne Bacteria such as:

Listeria monocytogenes,

Salmonella, *E. coli*,

Campylobacter jejuni

Toxoplasma gondii.

Keep your raw meat, poultry; fish and seafood separate from other food in the refrigerator.

Properly cleaning your hands, kitchen surfaces and utensils, fruit and vegetables and reusable grocery bags will help eliminate bacteria and reduce your risk of foodborne illness.

Proper cooking is the best way to make sure your food is safe to eat. Bacteria such as *E. coli*, *Salmonella* and *Listeria* are killed by heat.

Type of Food	Food to Avoid	Safer Alternative
Hot dogs Bacteria danger: Listeria and Nitrates	Hot dogs straight from the package without further heating.	Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog should be steaming hot or 74 °C (165 °F).
Tip: To help prevent foodborne illness, avoid spreading fluid from packages onto other food, cutting boards, utensils, dishes and food preparation surfaces. Wash your hands after handling hot dogs.		
Deli meats Bacteria danger: Listeria	Non-dried deli meats such as bologna, roast beef and turkey breast.	Dried and salted deli meats such as salami and pepperoni. Non-dried deli meats heated throughout to steaming hot.
Eggs and egg products Bacteria: Salmonella and unpasteurized dairy	Raw or lightly cooked eggs or egg products, including salad dressings, cookie dough or cake batter, sauces and drinks such as homemade eggnog.	Egg dishes thoroughly cooked to a safe internal temperature. Eggs should be cooked until the yolk is firm. Homemade eggnog must be heated to 71 °C (160 °F).
Tip: Pasteurized egg products can be used when making uncooked foods that call for raw eggs.		
Meat and poultry - Bacteria dangers: Coliform bacteria and Toxoplasmosis - salmonella	Raw or undercooked meat or poultry	Meat and poultry cooked to a safe internal temperature. (Refer to the Internal Cooking Temperatures Chart)
Tip: To help prevent foodborne illness, remember to use a digital food thermometer to check the internal temperature.		
Seafood Bacteria dangers: Listeria (in smoked seafood) and high levels of mercury and Salmonella.	Raw seafood such as sushi. Raw oysters, clams and mussels. Refrigerated smoked seafood.	Seafood cooked to a safe internal temperature of 74 °C (165 °F). Cook until the shell has opened. Smoked seafood in cans that do not require refrigeration until after opening.

Tip: Refrigerated smoked seafood can be eaten safely when fully cooked to a safe internal temperature, such as in a casserole.

Dairy products Bacteria dangers: Listeria and the pasteurization process	Raw or unpasteurized dairy products, including soft and semi-soft cheese, such as Brie, Camembert and blue-veined cheese.	Pasteurized dairy products, hard cheeses such as Colby, Cheddar, Swiss and Parmesan.
Sprouts Bacteria danger: Toxoplasmosis	Raw sprouts such as alfalfa, clover, radish and mug beans.	Thoroughly cooked sprouts.
Pâtés and meat spreads Bacteria dangers: Listeria	Refrigerated pâtés and meat spreads.	Pâtés and meat spreads sold in cans or those that do not require refrigeration until after opening.
Fruit juice and cider Bacteria dangers: Pasteurization process. Salmonella, E. coli and parasites- Cryptosporidium	Unpasteurized fruit juice and cider.	Unpasteurized fruit juice and cider brought to a rolling boil and cooled. Pasteurized fruit juice and cider.

Internal Cooking Chart

Food	Temperature
Beef, veal and lamb (pieces and whole cuts) <ul style="list-style-type: none"> • Medium rare • Medium • Well done 	<ul style="list-style-type: none"> • 63 °C (145 °F) • 71 °C (160 °F) • 77 °C (170 °F)
Pork (pieces and whole cuts)	<ul style="list-style-type: none"> • 71 °C (160 °F)
Poultry (for example, chicken, turkey, duck) <ul style="list-style-type: none"> • Pieces • Whole 	<ul style="list-style-type: none"> • 74 °C (165 °F) • 85 °C (185 °F)
Ground meat and meat mixtures (for example, burgers, sausages, meatballs, meatloaf, casseroles) <ul style="list-style-type: none"> • Beef, veal, lamb and pork • Poultry 	<ul style="list-style-type: none"> • 71 °C (160 °F) • 74 °C (165 °F)
Egg dishes	<ul style="list-style-type: none"> • 74 °C (165 °F)
Others (for example, hot dogs, stuffing, leftovers, seafood)	<ul style="list-style-type: none"> • 74 °C (165 °F)

Done January 2013

To be reviewed January 2015