

Safe Food Check for Pregnancy

If you eat ...	Make it safe
<input type="checkbox"/> Cold, ready-to-eat deli or pre-packaged lunch meats, hot dogs, or bologna	<input type="checkbox"/> Heat to steaming hot before eating <input type="checkbox"/> Heat lunchmeat to steaming hot and <u>store</u> in fresh packaging for 4 days in refrigerator.
<input type="checkbox"/> Cheese that is <u>not</u> made from pasteurized milk	<input type="checkbox"/> Choose cheeses made from <u>pasteurized</u> milk. Hard cheese, yogurt, cottage cheese, cream cheese, cheese and mozzarella are okay. Cheese from the grocery store is typically made from pasteurized milk. 
<input type="checkbox"/> Sprouts	<input type="checkbox"/> Avoid these during pregnancy.
<input type="checkbox"/> Cold, ready-to-eat seafood, such as smoked fish, lox, kippered, or Nova-style fish	<input type="checkbox"/> Avoid these during pregnancy.
<input type="checkbox"/> Tuna	<input type="checkbox"/> Include canned fish in recommended amounts. Eat “chunk light” tuna (less than 12 oz./week). Limit albacore tuna to 6 oz/week.
<input type="checkbox"/> Ocean Fish	<input type="checkbox"/> Do not eat shark, swordfish, mackerel or tile fish.
<input type="checkbox"/> Shellfish	<input type="checkbox"/> Eat up to 12 oz. (2 average meals) a week of shrimp, canned light tuna, salmon, Pollock, catfish, and cod.
<input type="checkbox"/> Fish from Michigan lakes, streams	<input type="checkbox"/> Shrimp, crab and lobster are okay if cooked first.
<input type="checkbox"/> Rare meat/Poultry	<input type="checkbox"/> As a general rule, limit local fish to once/month. For more details go to www.epa.gov/ost/fish or www.cfsan.fda.gov
	<input type="checkbox"/> Cook raw meat and poultry until well-done. (Cook hamburgers and pork to an internal temperature of 160° F. Cook steaks to 170° F. Cook chicken to 180° F.) Do not sample meat while cooking.

<ul style="list-style-type: none"> <input type="checkbox"/> Unwashed fruits and vegetables <input type="checkbox"/> Raw eggs <input type="checkbox"/> Unpasteurized juice or cider <input type="checkbox"/> Herbal supplements or teas 	<ul style="list-style-type: none"> <input type="checkbox"/> Wash fruits and vegetables thoroughly under running water. <input type="checkbox"/> Do not eat raw eggs, including cookie dough, cake batter, “runny eggs”, homemade ice cream or salad dressing made with raw eggs. Cook eggs until firm. <input type="checkbox"/> Choose only juice and cider that have been pasteurized. <input type="checkbox"/> Avoid comfrey, Dong Quai, Echinacea, Fenugreek, Feverfew, Kava, Licorice, Ma Huang (Ephedra), Sassafras, and Senna
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More Food Safety

- ✓ Wash your hands
 - before touching food
 - before meals
 - after handling raw or ready-to-eat meats
 - after using the bathroom or changing a diaper
 - after blowing or wiping a nose
 - after handling pets
- ✓ Follow the 2-hour rule: Refrigerate leftovers within 2 hours. Throw out perishable foods left at room temperature for more than 2 hours.
- ✓ Thaw foods in the refrigerator.
- ✓ Read and follow dates on perishable and ready-to-eat foods.
- ✓ Marinate meat, fish, and poultry in the refrigerator, not on the counter.
- ✓ Reheat leftovers to steaming hot.
- ✓ Store raw meat away from other food.
- ✓ Avoid getting liquid from hot dogs and pre-packaged lunchmeat on other foods, counters, dishes, etc.
- ✓ When in doubt, throw it out.

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