

Safer eating during pregnancy

MEAT, POULTRY & SEAFOOD

Food	Form	What to do
PROCESSED MEAT (DELI)	Ham, salami, luncheon, chicken meat etc	DON'T EAT unless thoroughly cooked to at least 75°C and eaten soon afterwards
RAW MEAT	Any raw meat, raw chicken other poultry, beef, pork etc	DON'T EAT
POULTRY	Cold chicken or turkey, e.g. used in sandwich bars	DON'T EAT
	Hot takeaway chicken	Purchase freshly cooked and eat while hot. Store leftovers in fridge to reheat to at least 60°C, and use within a day of cooking
	Home-cooked	Ensure chicken is cooked thoroughly to at least 74°C and eat while hot. Store any leftovers in fridge to reheat to at least 60°C and use within a day of cooking
PÂTE	Refrigerated pâte or meat spreads	DON'T EAT
SEAFOOD	Raw seafood	DON'T EAT
	Ready-to-eat chilled peeled prawns	DON'T EAT
	Cooked fish and seafood (see section 'Eating fish safely' on p9 for women who are pregnant, breastfeeding or planning a pregnancy, or for children under 6 years)	Cook thoroughly to at least 63°C and eat while hot. Store leftovers in the fridge to reheat to at least 60°C 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 to at least 71°C (medium), eat while hot

OTHER FOODS

Food	Form	What to do
LEFTOVERS	Cooked foods	Store leftovers covered in the fridge, eat within a day and always reheat to at least 60°C
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, TAHINI AND ANY OTHER SESAME PASTE	Store-bought or home-made	DON'T EAT
SOY	All soy products, e.g. tofu, soy milk, soy yoghurt etc	Check 'best before' or 'use-by' date. Follow storage instructions
SANDWICHES	Pre-prepared or pre-packaged sandwiches or wraps	DON'T EAT

DAIRY & EGGS

Food	Form	What to do
CHEESE	Soft and semi-soft cheese, e.g. brie, camembert, ricotta, fetta, bocconcini and blue	DON'T EAT unless thoroughly cooked to at least 75°C and eaten soon afterwards
	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
	Fried ice-cream	DON'T EAT
	Packaged frozen ice-cream	Keep and eat frozen
DAIRY	Unpasteurised (raw)	DON'T DRINK OR USE
	Pasteurised, e.g. milk, cream, yoghurt	Check 'best before' or 'use-by' date. Follow storage instructions
CUSTARD	Store-bought	Can be eaten cold if freshly opened. Store in fridge to reheat to at least 60°C and use within a day of opening. Check 'best before' or 'use-by' date
	Home-made	Cook thoroughly to at least 71°C and eat while hot. Store in fridge. Always reheat to at least 60°C and use within a day of making
EGGS	Cooked egg dishes, e.g. fried eggs, scrambled eggs, quiche	Cook thoroughly to at least 71°C. Don't use cracked or dirty eggs
	Raw egg in food, e.g. home-made mayonnaise, aioli, chocolate mousse, cake batter, pancake batter	DON'T EAT
	In non-refrigerated commercial products, e.g. mayonnaise, aioli	Check 'best before' or 'use-by' date. Follow storage instructions

FRUIT & VEGETABLES

Food	Form	What to do
SALADS	Pre-prepared or pre-packaged salads including fruit salad, e.g. from salad bars, smorgasbords	DON'T EAT
	Home-made	Wash salad ingredients well just before making and eating salads, store any leftover salads in fridge and use within a day of preparation
FRUIT	Rockmelons	DON'T EAT
	Whole fresh fruits	Wash well before eating
VEGETABLES & HERBS	Fresh vegetables and herbs	Wash well just before eating raw or wash before cooking
	Frozen vegetables	Cook, don't eat uncooked
BEAN SPROUTS	Alfalfa sprouts, broccoli sprouts, onion sprouts, sunflower sprouts, clover sprouts, radish sprouts, snowpea sprouts, mung beans and soybean sprouts	DON'T EAT raw or lightly cooked