

# ***Protect Yourself & Your Baby***

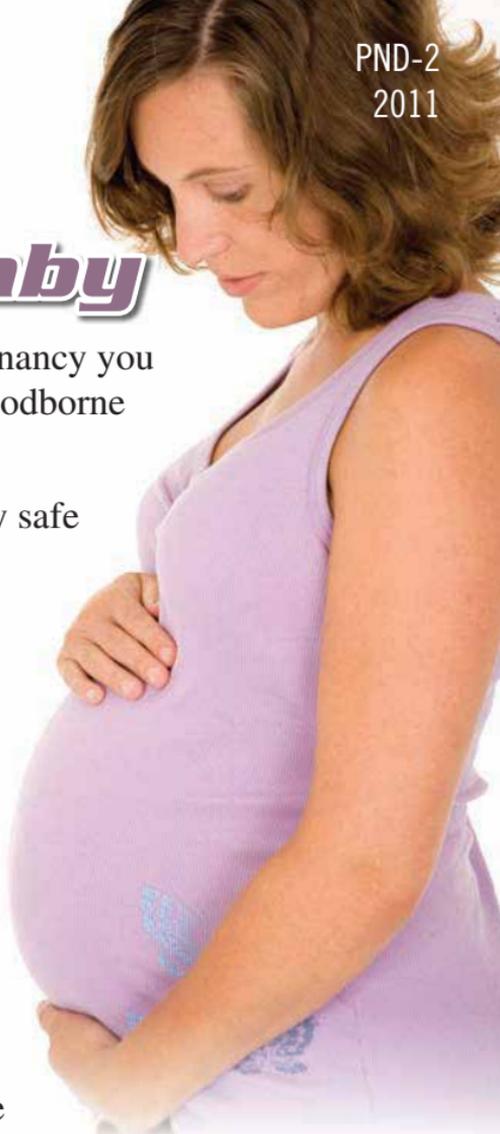
Did you know that during pregnancy you are more at risk for getting a foodborne illness?

To keep yourself and your baby safe during your pregnancy, do the following:

- 1. CLEAN:** Wash your hands often with soap and warm water. Clean countertops with hot soapy water before and after preparing food. Wash fresh vegetables and fruits well.
- 2. SEPARATE:** Keep raw meat, fish and poultry away from other food that will not be cooked.
- 3. COOK:** Use a food thermometer to make sure food is well cooked. Fish, beef roasts and pork should be cooked to 145°F; ground beef to 160°F; poultry and leftovers to 165°F.
- 4. CHILL:** Refrigerate food within two hours of the time the cooking is finished.

## **Other Safety Measures**

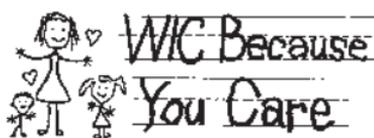
- Have someone else clean the cat's litter box so you don't get toxoplasmosis.
- Wear gloves when gardening or doing any activity that involves dirt. Wash your hands afterwards.
- Avoid gasoline fumes and be careful around all chemicals, including bleach, household cleaners, paints and varnishes.



# Skip Risky Foods ... Learn What To Choose

<b>INSTEAD OF:</b>	<b>CHOOSE:</b>
Cold hot dogs, deli meats and luncheon meats	Hot dogs, luncheon meats and deli meats heated to steaming hot (165°F)
Undercooked meat and poultry (like rare beef)	Fully cooked meat and poultry
Raw or undercooked seafood (like sushi)	Fully cooked seafood
Refrigerated smoked fish or precooked seafood such as shrimp, crab and deli seafood salads	Tuna, salmon or crabmeat in cans or pouches
Refrigerated pâtés and meat spreads	Canned pâtés or meat spreads
Raw sprouts	Fresh vegetables (well-cleaned)
Soft cheeses made from raw milk such as feta, Brie, Camembert, blue-veined cheese, Mexican-style cheese (queso fresco and queso blanco)	Hard cheeses, processed cheeses, cream cheese, cottage cheese, mozzarella or soft cheeses made from pasteurized milk
Raw or undercooked eggs, including cookie dough	Eggs that are cooked until both the white and the yolk are firm
Raw milk or milk products	Pasteurized milk or milk products
Unpasteurized juice (may be labeled “fresh squeezed” or “chilled”)	Frozen concentrate or canned juices or refrigerated juices that are labeled as pasteurized

Adapted from the Colorado State University Cooperative Extension



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