

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