

Eating Safely during Pregnancy

Pregnancy is a time of intense growth of your baby which is why adequate nutrition is important. However, it is also important that the foods you are consuming are safe for both you and baby.

Avoidance of foodborne infections:

- Practice good personal hygiene (frequent hand washing)
- Consume only meats, fish, and poultry (including eggs) that are fully cooked
- Avoid unpasteurized dairy products and fruit/vegetable juices
- Thoroughly rinse fresh fruits and vegetables under running water (about 30 seconds) before eating
- Avoid eating raw sprouts (including alfalfa, clover, radish, and mung bean).
- Wash hands, food preparation surfaces, cutting boards, dishes, and utensils that come in contact with raw meat, poultry, or fish with hot, soapy water. Countertops can be sanitized by wiping with a solution of one teaspoon liquid chlorine bleach per quart of water and leaving to dry over 10 minutes.

Your Takeaways:

- Avoid consumption of some types of fish specifically ones high in mercury.
- Do not eat unwashed fruits/vegetables
- Do not eat/drink unpasteurized dairy products
- Do not eat undercooked meats
- If you eat lunch meat or hot dogs it is recommended that they are cooked to steaming hot before you eat them.
- Do not eat meat spreads

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Eating Well during Pregnancy

Foodborne infections: What do I need to know?

There are three major foodborne infections that can have adverse effects on your pregnancy:

- **Toxoplasmosis:** caused by eating undercooked or cured meat or meat products, fruit or vegetables contaminated by infected garden soil, and contaminated unfiltered water
- **Listeria:** caused by eating processed/delicatessen meats, hot dogs, soft cheeses, smoked seafood, meat spreads, and pâté, but has also been transmitted by fresh fruits and vegetables that are commonly eaten uncooked
- **Brucellosis:** caused by eating contaminated food such as raw milk, cheeses made from unpasteurized (raw) milk, or raw meat

You can find more information including information about recent outbreaks on the Center for Disease control website: <https://www.cdc.gov/foodsafety/outbreaks/>

What I need to know about:

Fish: Fish has lots of protein and other nutrients They are excellent sources of omega-3 fatty acids which aid in the development of your baby's nervous system. You should continue to eat fish but you may need to reduce the amount or type of fish you consume.

- Eat no more than 1 meal/week of
 - Albacore tuna
- Eat no more than 2 meals/week
 - Shrimp
 - Light/canned tuna
 - Canned/Wild salmon
 - Pollock
- Avoid:
 - Shark
 - Swordfish
 - King mackerel
 - Tilefish
 - Farmed Salmon
 - Pate
 - Uncooked fish (Sushi)
 - Smoked seafood
 - Catfish

Meat: In the United States most meat is safe to consume. However if the meat is not kept cold or is not cooked properly it may contain bacteria or parasites that are harmful to you and baby.

- Do not eat lunchmeat or hotdogs unless cooked to steaming hot
- Avoid:
 - Raw Beef, Chicken, Pork
 - Meat spreads

Milk & Cheese: These provide protein, fat, calcium and Vitamin D for you and baby. These are essential for the growth and development of baby.

- Opt for low fat varieties
 - Low-fat yogurt
 - Skim or 1% pasteurized milk
- Avoid:
 - Unpasteurized milk
 - Mexican-style Queso blanco
 - Feta cheese
 - Brie cheese
 - Camembert cheese
 - Blue-veined cheese