

# Bratwurst In Pregnancy



## Benefits

- Bratwurst is a good source of vitamin B12, which is needed for a healthy nervous system and the baby's spine, brain, and neural tube development.
- Selenium in bratwurst may help reduce the risk of thyroid abnormalities in pregnancy.
- This sausage is also a rich source of protein essential for fetal tissue and brain growth and increased blood supply.



## Precautions To Take

- Given its high-calorie content, you may need to have bratwurst with caution since high-calorie intake can lead to gestational diabetes and preeclampsia.
- Always consume thoroughly cooked bratwurst, as undercooked pork sausages can cause toxoplasmosis, which is harmful to you and the baby.
- Check the sausage for at least 160° F (71° C) to ensure it's cooked all the way through.



## References

- 1 Nutrients: Vitamin B-12 (µg); USDA
- 2 Roles of Vitamin B in Pregnancy; American Pregnancy Association
- 3 Nutrients: Selenium, Se(µg); USDA
- 4 Selenium supplementation during pregnancy; American Thyroid Association
- 5 A Guide Hot Dog and Sausage Nutrition; National Hot Dog and Sausage Council
- 6 Pregnancy Nutrition; American Pregnancy Association
- 7 Pregnancy diet: Common myths and what you should eat during your pregnancy; UC Davis Health
- 8 Foods to avoid in pregnancy; Tommy's
- 9 Meat, Poultry & Seafood - Food Safety for Moms to Be; FDA