

## Benefits And Precautions Of



# Eating Pancetta In Pregnancy

### Benefits



Calorie-rich profile helps meet increased energy demands

High protein and low carbohydrate content may help maintain weight



Can help you meet recommended daily intake of fat

### Precautions To Take



Never eat raw or undercooked pancetta

Cook at 160°F until it becomes crispy



Discard pancetta with mold or spots

#### References

1. Pork, bacon, rendered fat, cooked; USDA
2. Michelle A. Kominiarek; Nutrition Recommendations in Pregnancy and Lactation; NCBI