

Food Safety Guidelines During Pregnancy



Avoid raw seafood, including sushi, scallops, and sashimi.

Avoid refrigerated smoked meats.



Do not consume premade salad containing meat.

Refrain from eating preparations that contain raw eggs.



Steer clear of undercooked meat and egg preparations.

Stay away from raw and undercooked sprouts.



Abstain from consuming unpasteurized fruit juices and cider.

Do not consume unpasteurized milk and its products.

