## Tips To Avoid Salmonella Infection From Caesar Salad During Pregnancy



Order an eggless Caesar salad from the restaurant

Avoid raw egg-based ingredients like mayonnaise



Wash vegetables and cook chicken/



Cook eggs/meat at high temperatures to kill bacteria

Use pasteurized cheese in the salad

Keep the salad refrigerated until it is ready to be served to avoid bacterial contamination



Source: https://www.momjunction.com/articles/is-it-safe-to-eat-caesar-salad-during-pregnancy\_00351732/