

Healthy Ways To Cook And Eat Bacon In Pregnancy



Maintain hygiene and wash hands before and after handling the meat.



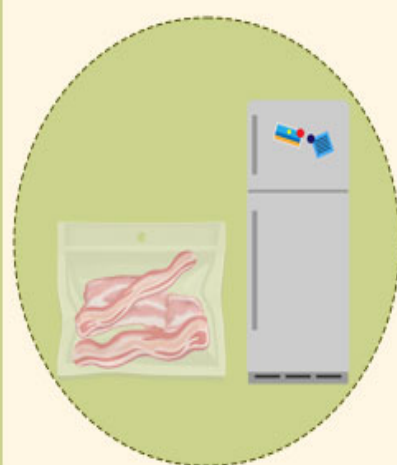
Instead of using an oven, cook bacon on a stove until they become red and crispy.

Reheat leftover bacon at 165°F before eating and serve them hot.



Separate the uncooked bacon from other meats, groceries, and kitchen utensils.

Look out for symptoms and visit a doctor if you suspect bacterial infection.



Use packaged bacon within seven days when refrigerated at 40°F or below.