

Meringue topped pies Note: Most commercial versions of

pasteurized eggs. Read the product label carefully to know if a product is pasteurized.

these foods are made with

References:

- 1.Eggs; NIDIRECT
- 2. Food Safety For Eggs; Louisiana Department of Health

Mom Junction

Source: https://www.momjunction.com/articles/harmful-to-eat-eggs-duringpregnancy\_00187/