

Tips To Note When Consuming Oysters During *Pregnancy*



Purchase closed-shell oysters from a reputable source.



Cook them as soon as possible after buying them.

Scrub and clean the oysters well before cooking.



Boil or steam them with herbs for added flavor.

Cook the oysters until they reach an internal temperature of 145°F.



Consume oysters in moderation, approximately 8 to 12oz per week.