

Risk Of Eating Meat *In Pregnancy And* Tips On Safe Eating

Possible Risks



Some meat food items, such as hot dogs and luncheon meats, could contain Listeria bacteria, which can cause an infection called listeriosis.

Uncooked sausages and minced meat may contain parasites that lead to an infection known as toxoplasmosis.



High levels of Vitamin A in the liver and liver products can be hazardous to a developing fetus.

Lead shots may be present in game meat from deer, moose, and kangaroo.



Tips To Eat Better



Avoid refrigerated meat spreads and refrigerated smoked seafood. Also, heat everything well before eating, preferably until it is steaming hot.

Consume only fresh and cooked meat to reduce the risk of any infections.



Cook raw ham at 160°F and precooked ham at 140°F to be safe for consumption.

Avoid ordering food that may have deli meat at restaurants to reduce the risk of contracting an infection.

