

Ways To Prevent Food Poisoning In Nursing Moms



Always wash your hands properly before cooking, cleaning, or changing diapers. Dispose of diapers properly.

Wash hands and clean dishes, utensils, and chopping boards after contact with raw meat, poultry, fish, or eggs.



Wear gloves when gardening or handling soil, and wash your hands afterward.

Cook beef to a minimum of 160°F, poultry to 165°F, and fish to 145°F to ensure they are free from germs. Use a kitchen thermometer if required.



Reheat hot dogs, luncheon meats, or deli meats until steaming hot before eating them

Refrigerate any perishable food within 2 hours.



Drink water that has been treated or chlorinated.

Make sure you have dairy products made from pasteurized milk only.



Reference

- 1 Food Poisoning During Pregnancy; Kaiser Permanente