





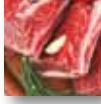




Select the Safer Alternative

(Always refer to the [Internal Cooking Temperatures Chart on the next page.](#))

Some food, such as those listed below, can be a higher risk for pregnant women to eat because of the way they are produced, and the conditions and length of time they are stored. You can minimize your chances of contracting foodborne illness and affecting the health of your unborn baby by avoiding some types of food or by choosing a safer alternative during pregnancy.

Type of Food	Food to Avoid	Safer Alternatives
	Deli meats Non-dried deli meats such as bologna, roast beef and turkey breast.	Dried and salted deli meats such as salami and pepperoni. Non-dried deli meats heated throughout to steaming hot.
	Dairy products Raw or unpasteurized dairy products, including soft and semi-soft cheese, such as Brie, Camembert and blue-veined cheese.	Pasteurized dairy products, hard cheeses such as Colby, Cheddar, Swiss and Parmesan.
	Hot Dogs Hot dogs straight from the package without further heating.	Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog should be steaming hot or 74°C (165°F).
	Pâtés and meat spreads Refrigerated pâtés and meat spreads.	Pâtés and meat spreads sold in cans or those that do not require refrigeration until after opening.
	Eggs and egg products Raw or lightly cooked eggs or egg products, including salad dressings, cookie dough or cake batter, sauces and drinks such as homemade eggnog.	Egg dishes thoroughly cooked to a safe internal temperature. Eggs should be cooked until the yolk is firm. Homemade eggnog must be heated to 71°C (160°F).
	Seafood Raw oysters, clams and mussels.	Cook until the shell has opened.
	Raw seafood such as sushi.	Seafood cooked to a safe internal temperature of 74°C (165°F).
	Refrigerated smoked seafood.	Smoked seafood in cans that do not require refrigeration until after opening.
	Meat and poultry Raw or undercooked meat or poultry such as steak tartare.	Meat and poultry cooked to a safe internal temperature. (Refer to the Internal Cooking Temperatures Chart.)
	Fruit juice and cider Unpasteurized fruit juice and cider.	Unpasteurized fruit juice and cider brought to a rolling boil and cooled. Pasteurized fruit juice and cider.
	Sprouts Raw sprouts such as alfalfa, clover, radish and mung beans.	Thoroughly cooked sprouts.