

Safer choices and choices to avoid during pregnancy

	Safer choices	Choices to avoid during pregnancy
Meat, game, poultry	Meat, game, and poultry cooked or reheated to a safe internal temperature (see page 108)	Raw or undercooked cooked meat, game or poultry (e.g., tartare, carpaccio, rare ground meat)
	- Pâtés and meat spreads that do not need to be refrigerated until they are opened (e.g., canned products) - Homemade pâtés and meat spreads that are properly cooked and stored (see page 104)	Refrigerated pâtés and meat spreads (e.g., country-style pâté, cretons)
	- Dried and salted deli meats that don't need to be refrigerated, like some salamis and pepperonis - Refrigerated deli meats (e.g., ham, turkey, sliced roast beef, bologna) reheated until steaming hot or used in a dish cooked to a safe internal temperature	Refrigerated deli meats (e.g., ham, turkey, sliced roast beef, bologna) that are not reheated
	Smoked sausages (hot dogs) reheated to a safe internal temperature or until steaming hot (see page 108)	Smoked sausages (hot dogs) taken straight from the package and that have not been reheated

	Safer choices	Choices to avoid during pregnancy
Fish and seafood	• Fish and seafood cooked or reheated to a safe internal temperature (see page 109) • Fish and seafood that do not need to be refrigerated until they are opened (e.g., canned products)	• Raw or undercooked fish and seafood (e.g., tartare, sushi, ceviche, raw oysters)
	• Smoked fish and seafood that do not need to be refrigerated until they are opened (e.g., canned products) • Smoked fish and seafood (e.g., smoked salmon or trout) that is sold refrigerated or frozen and cooked or reheated to a safe internal temperature (see page 109)	• Smoked fish and seafood that is sold refrigerated or frozen (e.g., smoked salmon or trout) and is not cooked or reheated to a safe internal temperature

	Safer choices	Choices to avoid during pregnancy
Eggs and egg-based products	Eggs that are well-cooked, with firm yolks and whites (e.g., omelet, boiled, scrambled)	Raw or runny eggs (e.g., sunny side up, soft-boiled, poached, runny omelette or runny scrambled eggs)
	- Pasteurized vinaigrettes, mayonnaise, and salad dressing - Pasteurized eggs and egg whites for raw egg-based recipes - Egg-based dishes cooked to a safe internal temperature, like quiche (see page 109) - Homemade eggnog heated to 71°C (160°F)	Recipes made with raw or undercooked eggs (e.g., unpasteurized mayonnaise or Caesar salad dressing, homemade eggnog, mousse, cookie or cake dough eaten raw, some sauces)
Vegetables and fruits	- Pasteurized fruit juice - Unpasteurized fruit juice that is brought to a boil, then cooled	Unpasteurized fruit juice
	Fresh fruits and vegetables that have been thoroughly washed	Unwashed fruits and vegetables
	Frozen vegetables cooked according to the instructions on the package	Raw frozen vegetables
	Cooked or canned sprouts	Raw sprouts (e.g., alfalfa, clover, radish, mung bean, and bean sprouts)

	Safer choices	Choices to avoid during pregnancy
Milk and dairy products (excluding cheeses)	• Pasteurized milk and dairy products made from pasteurized milk	• Unpasteurized (raw) milk and dairy products made from unpasteurized milk
Cheeses	• Any cheese used in cooked dishes that is brought to a safe internal temperature (e.g., sauces, casseroles, or au gratin) • All hard cheeses (e.g., Parmesan and Romano) • The following cheeses, made from pasteurized milk: – Firm cheese (e.g., cheddar, Gouda, Swiss) – Cheese curds – Cottage cheese or ricotta – Cream cheese – Processed spreadable cheese (in jars, wedges, or blocks) – Processed cheese slices	• All of the following cheeses, whether made from pasteurized or unpasteurized (raw) milk – Soft cheeses (e.g., Brie, bocconcini, Camembert, feta) – Semi-soft cheeses (e.g., Saint-Paulin, Havarti) – Blue cheeses • Firm cheeses made from unpasteurized (raw) milk