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Obstetrics | Fertility | Gynaecology

Food safety during pregnancy

During pregnancy, it can be tricky keeping track of which foods are safe to eat, and those you should avoid. To assist, this handy chart is designed to help you make informed choices about what to eat, and how to prepare and store your food.

For more information on safe and healthy eating during your pregnancy – or if you any have questions about your specific dietary needs – please call my rooms on (03) 9418 8299 to book a consultation.

Foods are classified as: **DON'T EAT**, **EAT WITH CAUTION** or **OK TO EAT**.

MEAT, POULTRY AND SEAFOOD

FOOD	TYPE	WHAT TO DO
PROCESSED MEAT	Ham, salami, luncheon meats, chicken loaf, etc. (e.g. from a deli)	DON'T EAT unless thoroughly cooked to at least 75°C and eaten soon afterwards.
RAW MEAT	Any raw meats, including chicken (or other poultry), beef, pork, etc.	DON'T EAT
POULTRY	Cold chicken or turkey (e.g. from a sandwich bar)	DON'T EAT
	Hot takeaway chicken	Purchase freshly cooked and eat while hot. Store leftovers in the fridge and reheat to at least 60°C; use within a day of cooking.
	Home-cooked chicken	Cook thoroughly to at least 74°C and eat while hot. Store leftovers in the fridge and reheat to at least 60°C; use within a day of cooking.
PÂTÉ	Refrigerated pâté or meat spreads	DON'T EAT
SEAFOOD	Raw seafood	DON'T EAT
	Ready-to-eat chilled/peeled prawns	DON'T EAT
	Cooked fish and seafood	Cook thoroughly to at least 63°C and eat while hot. Store leftovers in the fridge and reheat to at least 60°C; use within a day of cooking.
SUSHI	Store-bought sushi	DON'T EAT
	Home-made sushi	Don't use raw meat or seafood; eat immediately.
COOKED MEATS	Beef, pork, chicken, mince	Cook thoroughly to at least 71°C (medium) and eat while hot.

FRUITS AND VEGETABLES

FOOD	TYPE	WHAT TO DO
SALADS	Pre-prepared or pre-packaged salads, including fruit salad (e.g. from a salad bar or smorgasbord)	DON'T EAT
	Home-made salads	Wash salad ingredients well, just before making and eating salads. Store leftovers in the fridge and use within a day of preparation.
FRUIT	Whole fresh fruits	Wash well before eating.
VEGETABLES & HERBS	Fresh vegetables and herbs	Wash well just before eating raw, or wash before cooking.
	Frozen vegetables	Cook before eating. Don't eat uncooked.
BEAN SPROUTS	Sprouts from: alfalfa, broccoli, onion, sunflower, clover, radish, snow pea, mung bean, soybean.	DON'T EAT raw or lightly cooked.

DAIRY AND EGGS

FOOD	TYPE	WHAT TO DO
CHEESE	Soft and semi-soft cheeses (e.g. brie, camembert, ricotta, feta, bocconcini)	DON'T EAT unless thoroughly cooked to at least 75°C and eaten soon afterwards.
	Processed cheese, cheese spreads, cottage cheese, cream cheese, etc.	Store in the fridge; eat within 2 days of opening the pack.
	Hard cheese (e.g. cheddar, tasty)	Store in the fridge.
ICE-CREAM	Soft-serve ice-cream	DON'T EAT
	Fried ice-cream	DON'T EAT
	Pasteurised ice-cream	Keep and eat frozen.
DAIRY	Unpasteurised (raw) dairy	DON'T EAT / DRINK / USE
	Pasteurised dairy (e.g. milk, cream, yoghurt)	Check the 'best before' or 'use by' date. Follow storage instructions.
CUSTARD	Store-bought custard	Can be eaten cold if freshly opened. Store in the fridge and heat to at least 60°C; use within a day of opening. Check the 'best before' or 'use by' date.
	Home-made custard	Cook thoroughly to at least 71°C and eat while hot. Store in the fridge and reheat to at least 60°C; use within a day of making.
EGGS	Cooked egg dishes (e.g. fried or scrambled eggs, quiche)	Cook thoroughly to at least 71°C. Don't use cracked or dirty eggs.
	Raw egg in food (e.g. home-made mayonnaise, aioli, chocolate mousse, cake and pancake batter)	DON'T EAT
	In non-refrigerated commercial products (e.g. mayonnaise, aioli)	Check the 'best before' or 'use by' date. Follow storage instructions.

OTHER FOODS

FOOD	TYPE	WHAT TO DO
LEFTOVERS	Cooked foods	Store covered in the fridge and reheat to at least 60°C; eat within a day.
CANNED FOODS	Tinned fruit, vegetables, fish, etc.	Store unused portions in the fridge in clean, sealed containers; use within a day.
STUFFING	Stuffing from chicken or poultry	DON'T EAT unless cooked separately and eaten hot.
HUMMUS	Store-bought or home-made hummus	Store in the fridge; eat within 2 days of opening or making.
SOY	All soy products (e.g. tofu, soy milk, soy yoghurt, etc.)	Check the 'best before' or 'use by' date. Follow storage instructions.
SANDWICHES	Pre-prepared or pre-packaged sandwiches or wraps	DON'T EAT