

Eat Safely, Eat Well

Food Safety During Pregnancy



Your pregnancy is an important time. Eating safe and healthy foods is important to you and your baby.

What is listeriosis?

Listeriosis is caused by Listeria, a bacteria that can contaminate food and lead to serious illness.

Listeriosis in pregnant women can cause miscarriage or stillbirth, or your baby can be born very sick.

You can prevent listeriosis by eating safer foods and handling food safely.

FOODS TO AVOID

All unpasteurized cheese and dairy products

All soft cheeses, even if they are pasteurized (e.g., Brie, Camembert, feta, mould-ripened cheese such as Gorgonzola)

Deli meats (e.g., ham and turkey slices, cured meats such as salami and prosciutto)

Uncooked hot dogs

Refrigerated pâtés and meat spreads

Refrigerated smoked fish and seafood products (e.g. smoked salmon)

SAFER ALTERNATIVES

Pasteurized hard cheese and dairy products

Pasteurized hard cheese (e.g. Cheddar, Swiss, Parmesan and Colby), or cooked pasteurized soft cheese

Deli meats that are cooked until steaming hot (to internal temperature of 74° C or 165° F or warmer)

Hot dogs that are cooked until steaming hot (to internal temperature of 74° C or 165° F or warmer)

Canned pâtés and meat spreads (they do not require refrigeration until after opening)

Canned smoked fish and seafood products (they do not require refrigeration until after opening)



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

Get more information on food safety during pregnancy at www.bccdc.ca/foodsafetyinpregnancy or talk to your health care provider or local public health office.

