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)

Get more information on food safety during pregnancy at [www.bccdc.ca/foodsaftyinpregnancy](http://www.bccdc.ca/foodsaftyinpregnancy) or talk to your health care provider or local public health office.