Pregnancy & Food Safety

Food safety is always important, but you have to be especially careful during pregnancy. Freshly prepared foods are best and you should always ensure that fruit and vegetables are washed properly. Any leftovers should not be stored for more than one day.

Remember to follow general food safety rules, such as:

- Keep cold food below 5°C and hot food above 60°C before serving to stop food poisoning bacteria growth.
- Separate raw and cooked foods and do not use the same utensils for both.
- Defrost frozen foods in the fridge or microwave. Never on the bench or the sink.
- If you store raw meats/poultry in the fridge, make sure the juices do not drip onto other foods.
- Cook food thoroughly and make sure poultry, seafood and minced meats are cooked right to the centre.
- Always wash and dry hands thoroughly before and after food preparation.


Listeriosis

During pregnancy there are certain foods you need to be extra careful about consuming as they may harbour harmful bacteria, such as *Listeria*. Infection with *Listeria* can cause miscarriage, stillbirth or infection of the newborn. Unlike other food pathogens, *Listeria* can multiply in contaminated foods even while they are refrigerated. *Listeria* can also survive in freezers. For these reasons, the following foods should be avoided during pregnancy:

- soft and semi-soft cheese (e.g. ricotta, brie)
- cold cooked chicken
- manufactured and cold meats
- soft serve ice-cream (including in milkshakes)
- cold, smoked and raw seafood
- prepared salads (e.g. from food courts, supermarkets)
- unpasteurised dairy products
- pâté
- ready-to-eat foods, such as prepared sandwiches, sushi and bain-marie foods.

Safe Consumption of Fish

Fish provide many nutrients that are essential during pregnancy such as protein, minerals and Omega-3 fatty acids. However, certain fish species contain levels of mercury that can be harmful to your developing baby’s nervous system. Pregnant women may safely consume fish by having:

- 2-3 serves per week (1 serve = 150g) of any fish or seafood not listed below; or
- 1 serve per fortnight of Shark ( Flake) or Billfish ( Broadbill, Swordfish and Marlin) and no other fish that fortnight; or
- 1 serve per week of Orange Roughy (Deep Sea Perch) or Catfish and no other fish that week.


Acknowledgements:

This information sheet was last updated June 2010.

ENGLISH If you need interpreting help, telephone:
ARABIC إذا كنت تحتاج إلى المساعدة بالترجمة الشفوية، إتصل برقم الهاتف:
CHINESE 如果你需要传译员的帮助，请打电话：
CROATIAN Also trebujte pomoć tumača telefonom:
GREEK Απεριόριστη διεύθυνση στην τηλεφωνική του στην Αθήνα, στο
ITALIAN Se avete bisogno di un interprete, telefonate al numero:
PERSIAN اگر به ترجمه شفاهی احتیاج دارید به شماره مطابق منو:
PORTUGUESE Se você precisar da ajuda de um intérprete, telefone:
SERBIAN Ako vam je potrebna pomoć prevodece telefonom;
SPANISH Si necesita la asistencia de un intérprete, llame al:
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