

SAFER FOOD CHOICES FOR PREGNANT WOMEN

Always follow the four steps to food safety—**clean, separate, cook, and chill**—to protect yourself from food poisoning. Learn about **current foodborne outbreaks** and the foods linked to them.



FOODS		RISKIER CHOICE	SAFER CHOICE
	POULTRY & MEAT	<ul style="list-style-type: none">Raw or undercooked poultry or meat<ul style="list-style-type: none">Poultry includes chicken and turkeyMeat includes beef, pork, lamb, and vealUnheated deli meat, cold cuts, hot dogs, and fermented or dry sausagesRefrigerated pâté or meat spreads	<ul style="list-style-type: none">Poultry and meat cooked to a safe internal temperature. <i>Use a food thermometer to check.</i><ul style="list-style-type: none">All poultry, including ground chicken and turkey, cooked to 165°FWhole cuts of beef, veal, lamb, and pork cooked to 145°F (then allow the meat to rest for 3 minutes before carving or eating)Ground meats, such as beef and pork, cooked to 160°FDeli meat, cold cuts, hot dogs, and fermented or dry sausages heated to 165°F or until steaming hotPâté or meat spreads in sealed, airtight containers that don't need to be kept refrigerated before opening
	DELI SALADS	<ul style="list-style-type: none">Premade deli salads, such as:<ul style="list-style-type: none">ColeslawPotato saladTuna saladChicken saladEgg salad	<ul style="list-style-type: none">Homemade deli salads
	VEGETABLES & FRUITS	<ul style="list-style-type: none">Any raw or undercooked sprouts, such as alfalfa and beanUnwashed fresh fruits and vegetables, including lettuce and other leafy greensCut melon left out for more than 2 hours (1 hour if it's exposed to temperatures hotter than 90°F, such as a picnic or hot car)	<ul style="list-style-type: none">Cooked sprouts (until steaming hot)Washed vegetables and fruits (washed and then cooked are safest)Freshly cut melon or cut melon kept refrigerated for 7 or fewer days
	JUICE	<ul style="list-style-type: none">Unpasteurized juice or cider	<ul style="list-style-type: none">Pasteurized juice or ciderUnpasteurized juice or cider brought to a rolling boil and boiled for at least 1 minute before drinking
	MILK	<ul style="list-style-type: none">Unpasteurized (raw) milk, and dairy products made from raw milk	<ul style="list-style-type: none">Pasteurized milk, and dairy products made from pasteurized milk
	CHEESE	<ul style="list-style-type: none">Soft cheese made from unpasteurized (raw) milk—for example, queso fresco, brie, camembert, and blue-veined cheeseUnheated cheese sliced at a deli	<ul style="list-style-type: none">Hard cheese, such as cheddar and swissCottage cheese, cream cheese, string cheese, and fetaPasteurized soft cheeses heated to an internal temperature of 165°F or until steaming hotDeli-sliced cheeses heated to 165°F or until steaming hot
	EGGS	<ul style="list-style-type: none">Raw or undercooked (runny) eggs, and foods that contain raw or undercooked eggs, such as<ul style="list-style-type: none">Caesar salad dressingRaw cookie dough or raw batterHomemade eggnog	<ul style="list-style-type: none">Eggs cooked until the yolks and whites are firmEgg dishes (frittata, quiche, casserole) cooked to an internal temperature of 165°F if they contain meat or poultryEgg dishes cooked to an internal temperature of 160°F if they do not contain meat or poultryPasteurized eggs in foods that will not be cooked to a safe temperature, such as mousse and salad dressing
	SEAFOOD	<ul style="list-style-type: none">Raw or undercooked fish or shellfish, including sashimi, sushi, and cevicheRefrigerated smoked seafood (except in a cooked dish). Refrigerated smoked seafood is usually labeled as “nova-style,” “lox,” “kippered,” “smoked,” or “jerky”Fish that contain high amounts of mercury, such as<ul style="list-style-type: none">SharkSwordfishKing mackerelTilefish	<ul style="list-style-type: none">Fish cooked to a safe internal temperature of 145°F or until the flesh is opaque and separates easily with a forkShellfish cooked until shells open during cooking or until flesh is pearly or white, and opaque<ul style="list-style-type: none">After the shells open, boil live oysters for another 3–5 minutes.Smoked fish in sealed, airtight packages or containers that don't need to be kept refrigerated before openingSmoked fish cooked in a casserole or other cooked dishesCanned fish and seafoodFish that contain low amounts of mercury, such as<ul style="list-style-type: none">ShrimpCanned light tunaSalmonPollockCatfish
	FLOUR	<ul style="list-style-type: none">Raw dough or raw batter made with raw (uncooked) flour	<ul style="list-style-type: none">Food made with flour that is cooked following the package directions or recipeDough and batter made with heat-treated flour and pasteurized eggsDough and batter that is labeled “edible” or “safe to eat raw”



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Accessible version: <https://www.cdc.gov/foodsafety/communication/pregnant-women.html>