

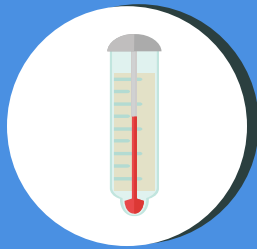


Food

Safety



Pregnancy



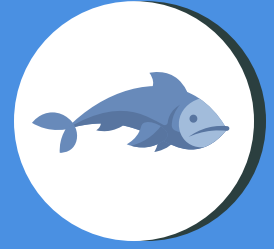
Cook Safe

- Cook eggs until yolks are firm
- Heat hot dogs, luncheon meats, and deli meat until steaming hot



Do Not Eat

- Unpasteurized milk, juice, or cider
- Unpasteurized soft cheeses; feta, queso fresco, queso blanco, brie, etc.
- Store bought egg or potato salads
- Raw sprouts or raw seafood
- Refrigerated meat spreads, smoked seafood or smoked fish



Fish & Seafood

- Eat 8-12oz of cooked fish per week
- No more than 6oz of white albacore tuna per week
- Do not eat tilefish, swordfish, shark, or king mackerel



Cut, slice, cook, or spread carefully for children under 4 years

Prevent Choking



- Hot dogs and sausages
- Tough meat
- Chunks of meat and cheese
- Globs of peanut butter
- Whole grapes
- Large pieces of raw fruits and vegetables

Avoid:

- Raisins
- Nuts and seeds
- Chewing gum
- Popcorn
- Chips
- Marshmallows

Eat Safe



Avoid these foods with infants under age 1

- Honey
- Cow's milk

Infants & Children

