

Safe Food during Pregnancy

Pregnancy is a special time.

Your body is working hard to create another life.

Your immune system can be lower.

You are more likely to become sick from unsafe foods when you are pregnant.

Some of these illnesses from food can cause a miscarriage, stillbirth or serious health problems for your baby.

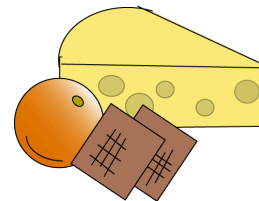
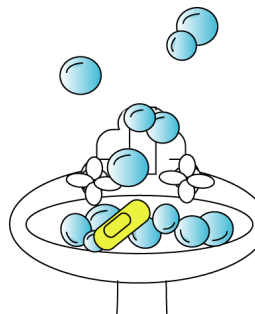
Eat safe food during your pregnancy!

Here are 4 common food borne illnesses for pregnant women to avoid:

- Listeriosis
- Toxoplasmosis
- Salmonellosis
- Campylobacteriosis

Take these steps to avoid infections!

- 1** If you have a cat, have a friend or family member change the litter box daily.
- 2** Keep your kitchen very clean!
Wash cutting boards and knives with hot, soapy water, especially those that touch raw meat.
- 3** Keep your kitchen counters very clean!
Wash areas that have touched raw meat, fish and poultry with hot soapy water.
- 4** Wash your hands often, especially after touching animals, using the bathroom, or working in the garden.
- 5** Wash your hands before and after handling food.



Summary of safe foods to eat when you are pregnant:

- ♥ Eat hot dogs, lunch meats and deli meats that are heated to steaming hot.
- ♥ Eat fully cooked meat, poultry and seafood.
- ♥ Choose tuna, salmon and crab meat in cans.
- ♥ Do not eat refrigerated smoked seafood such as salmon, trout, whitefish, cod, tuna or mackerel. These are often labeled as “nova-style”, “lox”, “kippered”, “smoked”, or “jerky”. Canned or shelf stable smoked seafood may be eaten.
- ♥ Eat well cleaned fresh vegetables and fruits. Rinse fresh fruits and vegetables well before eating.
- ♥ Choose hard cheese, processed cheese, cream cheese, cottage cheese, and mozzarella made from pasteurized milk.
- ♥ Do not drink unpasteurized milk or eat foods that contain unpasteurized milk.
- ♥ Do not eat soft cheeses such as feta, brie and Camembert, blue-veined cheeses, queso blanco, queso fresco, and Panela, unless the label says they are made with pasteurized milk.
- ♥ Eat eggs that are cooked until the white and yolk are firm.
- ♥ Drink juices that are labeled as pasteurized.

Some foods may cause an allergic reaction for your baby:

Cow's milk	Peanuts and other nuts
Orange juice	Peanut Butter
Egg whites	Strawberries
Fish and Seafood	Raw Tomatoes



Some babies are more likely to develop an allergy than others. If you are unsure which foods you should avoid during your baby's first year, ask your health care provider.

If you have a family history of food allergies, you may need to avoid these foods during the first year:

- Wheat products
- Corn products
- Soy products

Avoid foods that your baby may choke on:

Hot dogs	Grapes
Nuts, seeds	Raisins
Popcorn	Raw Vegetables
Chips	Peanut Butter

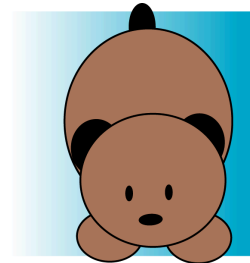
If your baby has an allergic reaction, he may have:

- Gas
- Stomach upset
- Diarrhea
- Skin rash
- Trouble breathing

Talk to your health care provider if you have any questions.

No honey for babies!

Honey may have botulism spores that can make babies very sick. Your baby's tummy is more sensitive.



Keep Breastfeeding your Baby!

- 1 Stay home as long as possible.** Enjoy your baby, take care of yourself and get breastfeeding off to a good start!
- 2 If you want to pump breastmilk while working, talk to your employer.** Ask to adjust your break times to pump breastmilk. Ask for a private place to pump breastmilk.
- 3 Practice pumping breastmilk before you return to work.** Pump your breastmilk a few times each day, when your breasts feel extra full. You can start storing frozen breastmilk for your baby.
- 4 Practice feeding a bottle to your baby about 2 weeks before you return to work.** Offer 1 to 2 ounces of breastmilk or formula from a bottle once a day.
- 5 Make a plan with your partner.** Talk about who will shop for food, cook, do laundry, clean the house and take care of the children. **Plan simple meals when you are working.**
- 6 Return to work late in the week.** Make your first week back to work a short one – work 2 or 3 days instead of 5 days.
- 7 Find a day care provider close to your work.** Talk about how your baby eats, how to store and warm breastmilk or formula.
- 8 Breastfeed before you leave your baby. Breastfeed your baby as soon as you pick him up.** Ask your day care provider to only feed your baby a small amount if you are going to pick him up within an hour.
- 9 Be flexible.** Talk with your family every week about how life is going. If you are unable to feed only breastmilk, your baby may need to drink formula when you are away and breastfeed when you are with your baby.