

Food Safety Tips

Some foods have harmful substances in them. All women should know about these substances to protect their health. If you get pregnant, these substances can be dangerous for you and the baby. It is best to avoid these substances now to help you have a health pregnancy in the future. The three main dangers in foods are:

- Listeria - can be found in milk and meat.
- Mercury -found in high levels in some fish.
- Toxoplasma - found in undercooked meat and unwashed fruits and vegetables

Here are some foods that can be dangerous if you get pregnant:

- raw or undercooked meat, poultry, fish or shellfish (sushi or sashimi).
- swordfish, tilefish, king mackerel, and shark.
- refrigerated smoked seafood like whitefish, salmon and mackerel. These foods are usually labeled “Nova-style,” lox, kippered or jerky
- refrigerated pâtés or meat spreads
- hot dogs and luncheon meats --unless they're reheated until steaming hot
- soft cheeses like feta, brie, camembert, “blue-veined cheeses,” “queso blanco,” “queso fresco,” and Panela unless the label says they are pasteurized or made from pasteurized milk
- raw or unpasteurized milk or cheeses, and foods that contain raw or unpasteurized milk
- unwashed fruits and vegetables

Also use gloves when handling cat litter and while gardening to prevent toxoplasmosis infection.

Some fish contain high levels of mercury. But, a small amount of some types of fish is good for your health. For more information about eating fish before and during pregnancy, go to <http://www.womenshealth.gov/pregnancy/mom-to-be-tools/fish-facts.pdf>

Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily
Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support



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