



# Ohbaby!

YOUR FAMILY | YOUR PASSIONS | YOUR LIFESTYLE

your guide to safe eating during pregnancy

● safe    ● take caution    ● not safe

|   |              |
|---|--------------|
| Bread   | safe         |
| Butter  | safe         |
| Cake (plain)  | safe         |
| Canned foods  | safe         |
| Cereals   | safe         |
| Cheese (hard eg. cheddar, parmesan)   | safe         |
| Eggs (well cooked)  | safe         |
| Ice cream   | safe         |
| Milk  | safe         |
| Cake (with cream/custard) - only if cream is freshly opened or custard homemade | take caution |
| Cheese (soft eg. camembert, feta, blue) - only if piping hot                    | take caution |
| Cream - only if freshly opened  | take caution |
| Custard - only if homemade and piping hot                                       | take caution |
| Fish (cooked) - only if piping hot  | take caution |
| Fruit - wash well   | take caution |
| Leftovers - heat well and use within two days                                   | take caution |
| Meat (cooked) - cook well until all juices run clear                            | take caution |
| Meat (processed eg. ham, salami) - only if piping hot                           | take caution |
| Salads (homemade) - prepare immediately before eating                           | take caution |
| Shellfish (cooked) - only if piping hot   | take caution |
| Vegetables - wash well  | take caution |
| Yoghurt - eat within two days of opening  | take caution |
| Eggs (raw)  | not safe     |
| Fish (raw)  | not safe     |
| Fish (smoked)   | not safe     |
| Hummus  | not safe     |
| Meat (raw)  | not safe     |
| Salads (store bought)   | not safe     |
| Shellfish (raw)   | not safe     |
| Sushi   | not safe     |
| Unpasteurised dairy products  | not safe     |