

## **Pregnancy Visit #3**

- Nutrition
- What Foods to Avoid
- Exercise
- Weight Gain and Management

## **Topics for Next Visit:**

- Alcohol, Drugs, and Smoking in Pregnancy
- Life History Calendar
- How Is It Going Between Us?

# Eating Well for Less

## Plan Ahead

- Involve family members in planning and cooking meals.
- Plan menus for a week at a time. Plan to use leftovers.
- Plan menus around the food groups. Make healthy meals.
- Make a grocery list and stick to it.
- Use coupons and weekly specials.
- Don't shop when hungry.
- Limit eating out.
- Plan meatless meals of pastas, dried beans or peas. Add small amounts of meat.
- Divide grocery money into weekly amounts. Don't borrow from next week's money.

## Shop Wisely

- Take time to shop and compare prices.
- Use a calculator to add your costs.
- Shop alone if it helps you stick to a list.
- Generic brands cost less.
- Avoid higher-priced convenience stores.
- Purchase in bulk when you can.
- Grate your own cheese
- Substitute fruits and vegetables for high-calorie foods.
- Don't buy something just because you have a coupon.
- Buy fresh fruits and veggies in season.



## Prepare

- Cook in batches. Divide and freeze for later meals.
- Make one pot meals to save time and energy.
- Make your own snacks instead of buying high-cost snack foods.
- Decrease serving sizes to prevent food waste.

## Buy Non-Grocery Items Wisely

- When buying non-food items, compare costs at different stores.
- Cut down on paper goods. Use rags for cleaning and wiping up spills.
- Use store-brand cleaning supplies instead of name brands.
- Use dry pet food instead of canned.

## Find Resources

- Use services like Women, Infants, and Children (WIC).
- Check to see if you qualify for other community or government programs.
- Develop your own list of community resources.
- Raise your own vegetables.

## What Else?

- 
- 
-

# My Eating Patterns

A healthy diet helps you have a healthy baby. Think about the way you eat, what you eat, and your food resources.

## The way I eat...

Number of meals I eat each day:	
Foods I avoid for health or religious reasons:	
How often I take prenatal vitamins:	
Things that affect my ability to eat:	<i>Circle any that apply and explain:</i> Nausea Vomiting Heartburn Constipation
Diets I am on now or have been on in the past:	



# My Eating Patterns

## The food I eat...

My favorite foods:	
Foods I don't like:	
Foods I usually eat during the week:	
Foods I have not tried but would like to taste:	
My favorite thing to drink:	
How often I drink it in one day:	
How many glasses of water I drink in one day:	





# My Eating Patterns

## My resources...

Food I cook at home:

My favorite meal to make:

Things I wish I had for my kitchen:

*Check all that apply.*

☐ Stove

☐ Dishwasher

☐ Microwave

☐ Pots/pans/dishes

☐ Fridge/freezer

☐ Other

What I would do if I ran out of food before I could buy more:

How often this has happened to me in the past:

Food assistance I am getting now or would like to learn about:

*Check all that apply.*

☐ Food stamps

☐ WIC

☐ School breakfast

☐ Food pantry/bank

☐ School lunch

☐ Soup kitchen

☐ Supplemental food program

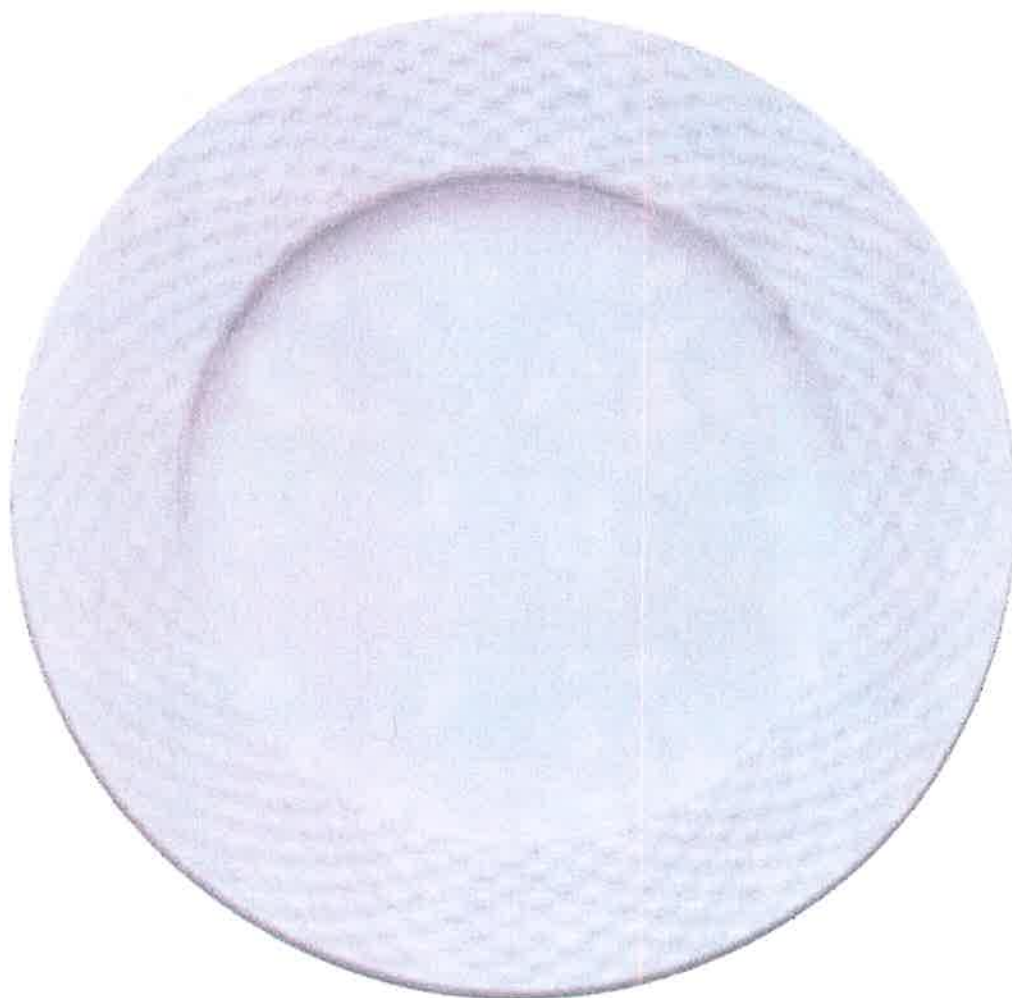
☐ Other

I do/do not feel that I need help getting food:



## Mom's Healthy Snacks

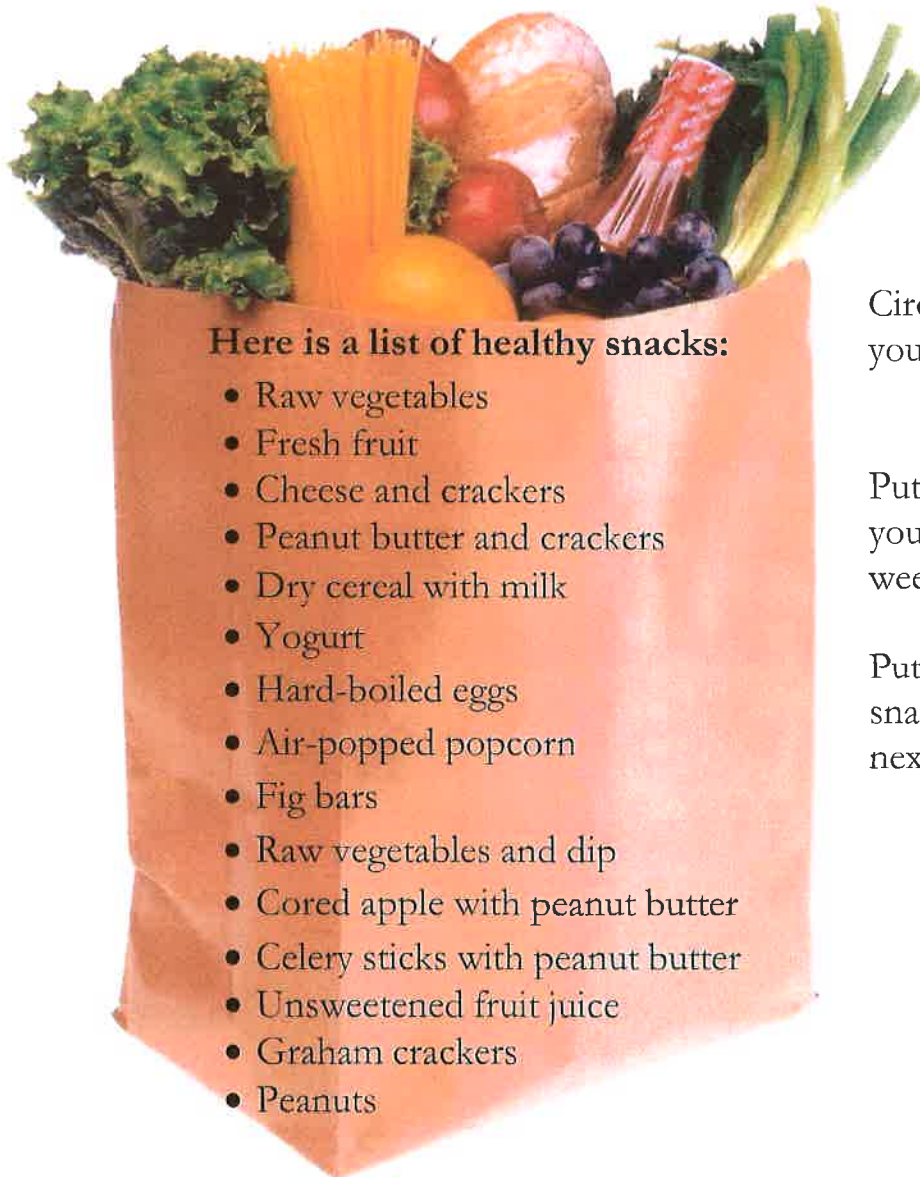
What are your favorite snacks? Fill the plate with your answers.



*What makes a snack healthy:*

*The snacks on my plate that are the healthiest:*

# Mom's Healthy Snacks



## Here is a list of healthy snacks:

- Raw vegetables
- Fresh fruit
- Cheese and crackers
- Peanut butter and crackers
- Dry cereal with milk
- Yogurt
- Hard-boiled eggs
- Air-popped popcorn
- Fig bars
- Raw vegetables and dip
- Cored apple with peanut butter
- Celery sticks with peanut butter
- Unsweetened fruit juice
- Graham crackers
- Peanuts

Circle the healthy snacks you might like to try.

Put a star by any snack you eat 2-3 times a week.

Put a square around the snack you'd like to try next.

*Other healthy snacks I could eat:*

## My Diet

How often do you eat these foods? Check the correct box for each food.

	More than once a day	Once a day	2-3 times a week	Rarely	Never
Milk					
Cheese, yogurt					
Ice cream					
Meat, fish, poultry					
Eggs					
Peanut butter, nuts					
Dry beans, peas, tofu, soy					
Citrus fruits or juice (like orange, grapefruit, tomato)					
Dark green leafy or deep orange vegetables (like collards, broccoli, carrots, squash, sweet potatoes)					
Other fruits, vegetables, potatoes					
Bread, cereals, rice, pasta					
Sweets (cake, donuts, pie, cookies, candy)					
Salty snacks (potato chips, corn chips, pretzels)					
Soda pop, punch					
Alcohol (beer, wine)					
Coffee, tea					
Vitamins, herbs, other supplements					
Fast food					



## Eating Healthy during Pregnancy

Eating healthy during pregnancy is one of the best things you can do for the well-being of you and your baby. Good nutrition helps your body thrive with all the changes that occur during pregnancy. The goal is to balance getting plenty of nutrients to support baby's growth and development while maintaining a healthy weight. See the general tips below and create your own personalized food plan here: [MyPlate Plan](#) | [MyPlate](#)

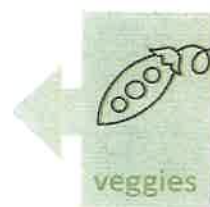
Fruit can be a great snack or dessert! Limit dried fruit and juice due to high sugar content.



Look for "whole grain" on the food label. Aim for half of your grain servings to be whole grains. Try something new like quinoa or barley!



Eat a variety of non-starchy vegetables like broccoli, carrots, peppers, and cabbage!



Consider low fat yogurt, cheese, and milk and make sure your dairy products are pasteurized.



Eat a variety of protein each day including eggs, beans, nuts, and meat. Choose salmon, cod, or shrimp for safe seafood options!



Healthy fats provide important nutrients during pregnancy. Some sources include olive oil, avocados, and nuts.



Water is best for hydration! Enjoy herbal tea or milk if desired. Limit sugary and caffeinated beverages.

# CLEAN, SEPARATE, COOK, CHILL

**Myth: Leftovers are safe to eat until they smell bad. Find the facts in the Chill Food Fact section below.**

You may be surprised to learn that the kinds of bacteria that cause food poisoning do not affect the look, smell, or taste of food. And food poisoning can even send you to the hospital! Help keep your family safe with these four simple steps.



**Wash hands and surfaces often; wash all fruits and vegetables under running water.**

**Food Fact:** Illness-causing bacteria can be anywhere, so it's important that everything that touches food is clean, including hands, surfaces, cutting boards, and utensils.



**Safety Tip:** When washing your hands, wet them and apply soap. Scrub hands, wrists, and between fingers for at least 20 seconds (that's singing "Happy Birthday" twice). Rinse well under running water, and then dry.



**Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods.**

**Food Fact:** Bacteria from meat, poultry, seafood, and eggs can spread to other foods. To prevent cross contamination, keep these foods separate while shopping and when storing them in your fridge.



**Safety Tip:** Use separate cutting boards and plates for fruits and vegetables and for raw meat, poultry, seafood, and eggs.



**Cook food to the right temperature and use a food thermometer to determine doneness.**

**Food Fact:** Cooked food is safe only after it has been heated to a high enough temperature to kill harmful bacteria. Color and texture alone won't tell you whether your food is done, so always use a food thermometer.



**Safety Tip:** Different foods have different minimum cooking temperatures. Print out this useful guide: [FoodSafety.gov/keep/charts/mintemp.html](http://FoodSafety.gov/keep/charts/mintemp.html).



**Chill raw meat and poultry, as well as cooked leftovers, promptly.**

**Food Fact:** The kinds of bacteria that cause food poisoning do not affect the look, smell, or taste of food, so perishable foods need to be refrigerated within two hours, or within one hour if it's above 90° F outside.

**Safety Tip:** Thaw foods in the fridge, under cold running water, or in the microwave but never on the counter. Eat refrigerated leftovers within 3–4 days.








Find more food safety guidelines at [FoodSafety.gov](http://FoodSafety.gov).

## Steps to a Healthier You: How to Use MyPlate



**MyPlate** is a guide to choosing a healthy diet. It can help you eat the foods you need to be healthy. In the table below fill in the blanks with these words: *focus*, *lean*, *vary*, *half*, and *calcium*.

Grains	Vegetables	Fruits	Dairy	Protein
				
Make at least _____ your grains whole.	_____ your veggies.	_____ on fruits.	Get your _____-rich foods.	Go _____ with protein.
Use brown rice. Try whole wheat pasta. Choose foods that are "whole grain." For example, "whole wheat."	Buy fresh veggies in season. Try crunchy veggies. Vary your veggies to keep meals interesting.	Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit. Go easy on fruit juices.	Choose low-fat or fat-free dairy products. If you can't drink milk, choose lactose-free, calcium-fortified products.	Choose low-fat or lean meats and poultry. Bake, broil, or grill. Choose more fish, beans, peas, nuts, and seeds.

Find the balance between food and exercise.

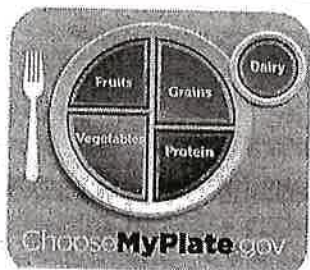
- Stay within your daily calorie needs.
- Get active for at least 30 minutes every day.
- Choose something fun to do.

Know the limits on fats, sugars, and salt.



- Get most of your fat from fish, nuts, and vegetable oils.
- Check food labels to keep saturated fats, trans-fats, and sodium low.
- Choose food and drinks low in added sugars.



# Eating for Two






This table can help you decide what to eat when pregnant or breastfeeding.

Food Group	How Much?	Common Portions	My Favorite Foods In This Group
<b>Grains</b>  <i>Make at least half of your grains whole grains and find cereals fortified with iron and folic acid.</i>	<b>6 - 8 oz each day</b>  <b>1 oz. =</b> <i>1 slice of bread</i> <i>1 cup of ready-to-eat cereal</i> <i>1/2 cup of cooked rice, cereal, or pasta</i>	<ul style="list-style-type: none"> <li>5 whole wheat crackers *</li> <li>3 cups popcorn</li> <li>1 6-inch tortilla</li> <li>1 packet instant oatmeal</li> <li>2 slices regular bread (2 oz.)</li> <li>1 English muffin (2 oz.)</li> <li>1 large bagel (4 oz.)</li> </ul>	
<b>Vegetables</b>  <i>Make half your plate fruits and vegetables.</i>	<b>2 1/2 - 3 cups each day</b>  <b>1 cup =</b> <i>1 cup raw or cooked vegetables</i> <i>1 cup vegetable juice</i> <i>2 cups raw leafy greens</i>	<ul style="list-style-type: none"> <li>1 large pepper (green, red, or yellow)</li> <li>1 large baked sweet potato</li> <li>1 medium baked potato</li> <li>12 baby carrots</li> <li>1 large tomato</li> <li>3 spears broccoli *</li> <li>1 cup cooked greens or spinach *</li> </ul>	

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to complete the Pregnancy Weight Gain Calculator and MyPlate Plan.

## Eating for Two

Food Group	How Much?	Common Portions	My Favorite Foods in This Group
<b>Fruits</b>  <i>When choosing canned fruit, choose fruit canned in 100% fruit juice or water.</i>	<b>2 cups each day</b>  <b>1 cup =</b> <i>1 cup diced raw or cooked fruit</i> <i>1 cup 100% fruit juice</i> <i>1/2 cup dried fruit</i>	<ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana *</li> <li>32 seedless grapes</li> <li>1 medium grapefruit</li> <li>1 large peach</li> <li>1/2 cup raisins</li> <li>8 large strawberries</li> <li>1 large orange *</li> <li>1 small watermelon wedge</li> </ul>	
<b>Dairy</b>  <i>Switch to fat-free or 1% milk, and make sure your choices are fortified with Vitamins A &amp; B.</i>	<b>3 cups each day</b>  <b>1 cup =</b> <i>1 cup milk or yogurt or soymilk</i> <i>1 1/2 oz. natural cheese</i> <i>2 oz. processed cheese</i>	<ul style="list-style-type: none"> <li>1 cup of milk or calcium-fortified soymilk</li> <li>8 oz. of yogurt</li> <li>1 1/2 cups ice cream</li> <li>1/3 cup shredded cheese</li> <li>3 slices (2 oz.) processed cheese like American</li> <li>1 cup pudding (made with milk)</li> </ul>	
<b>Protein</b>  <i>Choose lean or low-fat meat and poultry, and watch for added sodium in processed meats.</i>	<b>5 1/2 - 6 oz. each day</b>  <b>1 oz. =</b> <i>1 oz. meat, poultry or fish</i> <i>1/4 cup cooked beans</i> <i>1 Tbsp. peanut butter</i> <i>1 egg</i> <i>1/2 oz. nuts or seeds</i>	<ul style="list-style-type: none"> <li>1/4 cup tofu</li> <li>1/4 cup cooked beans *</li> <li>2 Tbsp. hummus</li> <li>1 slice lunchmeat (heated until steaming, if pregnant)</li> <li>12 almonds</li> <li>1 cup split pea, lentil or bean soup (2 oz.) *</li> <li>1 small, lean hamburger (3 oz.)</li> </ul>	

\*Indicates foods high in folic acid



## First Read the Label

When you shop, you want to buy the healthiest foods. Sometimes that is not easy. The labels can tell you a lot about the foods you buy.

Nutrition Facts			
Serving Size 1 bar (34 g)			
Servings Per Container 6			
Amount Per Serving			
Calories 140		Calories from fat 50	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 1g		6%	
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 3.5g			
Cholesterol <5mg		1%	
Sodium 170mg		7%	
Total Carbohydrate 20g		7%	
Dietary Fiber 2g		10%	
Sugars 8g			
Sugar Alcohol 1g			
Protein 1g			
Vitamin A	15%	Vitamin C	0%
Calcium	25%	Iron	15%
Vitamin D	15%	Vitamin E	15%
Thiamin	15%	Riboflavin	15%
Niacin	15%	Vitamin B6	15%
Vitamin B12	15%	Biotin	10%
Pantothenic	10%	Phosphorus	15%
Iodine	10%	Zinc	10%
<b>INGREDIENTS:</b> ROLLED OATS, SUGAR, CHOCOLATE CHIPS, COCOA POWDER, CANOLA OIL, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, RAISINS, BROWN SUGAR, WHEAT STARCH, OAT FIBER, EGGS, MALODEXTRINE, BAKING POWDER, CORN STARCH, SALT, HONEY			

### Check the serving size

The serving size is based on the amount of the food eaten in one sitting. The serving size may be 1 cup. But you might eat 2 cups. Then you need to double the numbers on the label.

### Read the nutrition information.

Look for the amount of calories, fat, & cholesterol in the food. Find the foods with the least amounts of these things.

Find foods with lots of nutrients. Look for things like vitamin A, calcium, and iron.

### Look at the ingredients.

Food labels list ingredients in order. The ingredient in the greatest amount is listed first. The ingredient in the least amount is listed last.

### Reading food labels helps you choose healthy foods.

Circle the total calories in this food.

Underline the serving size.

Put a star by the number of servings in the box.

Put a check next to the amount of your daily vitamin C in this food.

Put a box around this food's main ingredient.

## Food Safety During Pregnancy

Some foods are more likely to cause foodborne illness than others. You are more likely to get sick from contaminated food while pregnant. Check the CDC website's [food safety page](#) for updates on recent foodborne disease outbreaks.

☐ **Raw meat:**

Avoid rare or undercooked beef, pork, poultry, or fish. They might have harmful bacteria.



☐ **Deli meat and hot dogs:**

Listeria bacteria are sometimes found on deli meat and hot dogs. Listeria infection is rare. Pregnant individuals are more at risk. Listeria infection can lead to illness or death of an unborn baby. Heat any deli meats or hot dogs to steaming before you eat.

☐ **Refrigerated pate or meat spreads:** Avoid refrigerated pate or meat spreads because they can contain listeria. Listeria infection is rare. Pregnant individuals are more at risk. Listeria infection can lead to illness or death of an unborn baby. Canned pate or shelf-safe meat spreads are okay.

☐ **Some fish:**

Some fish contains mercury. Avoid shark, swordfish, king mackerel, and tilefish. Limit canned tuna to 1-2 cans per week. Don't eat fish from polluted lakes or rivers.

☐ **Some seafood:**

Don't eat refrigerated smoked seafood unless it has been cooked. This includes lox, nova style, kippered or jerky style seafood. They can contain listeria. Canned smoked seafood is okay.

☐ **Raw eggs:**

Avoid foods with raw or undercooked eggs. You could be exposed to salmonella. Cooked eggs are fine.

☐ **Soft cheeses:**

Imported soft cheeses may contain listeria. Avoid Brie, Camembert, Roquefort, Feta, Gorgonzola, queso blanco and queso fresco. You can eat soft cheese made from pasteurized milk.

☐ **Unpasteurized milk or juice:**

Don't drink unpasteurized milk or juice. It can contain listeria.

☐ **Unwashed vegetables:**

Wash your fruits and vegetables before you eat. Avoid raw or undercooked sprouts. (They are sometimes found on salad bars.) Unwashed vegetables may expose you to toxoplasmosis.

## Caffeine Use During Pregnancy

Caffeine is found in many foods and drinks. During pregnancy you should not have more than **200 mg** of caffeine each day.

**Rank these items from least caffeine (1) to most caffeine (8).**

<b>Coffee:</b> 8 oz	<b>Tea:</b> 8 oz	<b>Chocolate Milk:</b> 8 oz	<b>Espresso:</b> 1 oz	<b>Frappuccino:</b> 8 oz	<b>Caffeinated Soft Drink:</b> 12 oz	<b>Chocolate Bar:</b> 1.6 oz	<b>Energy Drinks</b> 8 oz
							

### What does caffeine do to my body?

- Makes you more alert.
- Raises your blood pressure.
- Raises your heart rate.
- Cause your body to make more urine.

### Could caffeine hurt my baby?

High amounts of caffeine (200-500mg) every day during pregnancy might:

- Raise the risk of miscarriage.
- Slow blood flow to the placenta. This could hurt the baby.
- Increase baby's heart rate after birth.
- Increase baby's breathing rate after birth.

## Caffeine Use During Pregnancy

How much caffeine do I get every day?

Food or Drink	How many each day?	Multiply by this number...	Total amount of caffeine per day
<i>Example:</i> Coffee, 8 oz	2	137	274
Coffee, 8 oz		137	
Brewed tea, 8 oz		48	
Espresso, 1 oz		75	
Frappuccino, 8 oz		58	
Chocolate milk, 8 oz		8	
Cola, 12 oz		37	
Chocolate bar, 1.6 oz		11	
Energy Drink, 8 oz		150	
<b>Total daily caffeine:</b>			

## Weight Gain During Pregnancy

You need to gain the right amount of weight during pregnancy. Gaining weight will help you and your baby to be healthy.



### How much weight should I gain during pregnancy?

Underweight (BMI < 18.5)	28 – 40 pounds
Average weight (BMI 18.5 – 25)	25 – 35 pounds
Overweight (BMI > 25)	15 – 25 pounds
Obese (BMI 30+)	11-20 pounds
Expecting twins	35 – 45 pounds

*How I feel about gaining weight during pregnancy:*



### How fast should I gain weight during pregnancy?

It is best to gain weight slowly and steadily. Many people gain about 5 pounds in the 1<sup>st</sup> trimester. They gain about 1 pound a week in the 2<sup>nd</sup> trimester. They gain about 1 pound a week in the 3<sup>rd</sup> trimester. This is an average. Weight gain is different for each person.

### Where does the weight go? (for weight gain of 29 pounds)

Blood	3 pounds	Amniotic fluid	2 pounds
Breast/Chest	2 pounds	Fat, protein, nutrients	7 pounds
Uterus	2 pounds	Retained water	4 pounds
Placenta	1.5 pounds	Baby	7.5 pounds



# Exercise During Pregnancy

## What's Great about exercise?

- Can help with an easier pregnancy and labor.
- Lessen back pain, swelling, and constipation.
- To relax and sleep better.
- To help gain the right amount of weight.
- To have more energy.
- To stay in shape.



## How should I prepare?

- Ask your doctor before starting an exercise program.
- Warm up and cool down.
- Make it easy. If you don't exercise often, start with 5 minutes a day. Slowly add time. Eventually you'll make it to 20-30 minutes a day including warm up and cool down.
- Wear comfy clothes.
- Avoid jerking, bouncing, high-impact workouts and contact sports.

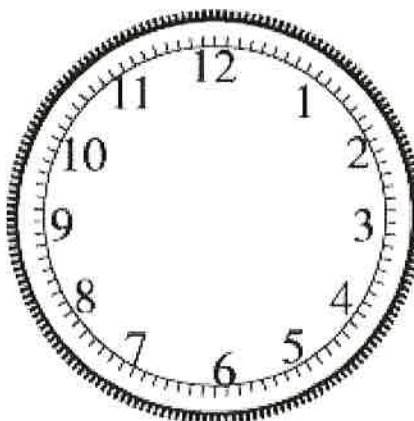
## Ideas for fun exercise?

- Make it fun! Do something you enjoy. You could walk or dance to music.
- Find an exercise partner.
- Drink plenty of water.
- Listen to your body. Stop if you don't feel right. Stop if you have any danger signs.
- DO – yoga, gentle exercise, or stretches
- AVOID - jerking, bouncing, high-impact workouts and contact sports.

## What days of the week work best?

Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday

## What time works best?



# Exercise Goes Everywhere With Me!

## No time to exercise? Take it with you every minute of the day!

- ☐ Fold your laundry far from where you store it. Take many trips. Fold something. Then walk to put it away. Walk back to the pile of clothes and start again.
- ☐ Get off the bus or subway two stops early. Walk home from there. (If it is safe.)
- ☐ Do knee bends or side stretches while washing the dishes.

☐ \_\_\_\_\_

## No money to join a gym? Exercise for free!

- ☐ Use the stairs instead of the elevator. (If it is safe.)
- ☐ Fill two empty milk jugs with water. Do biceps curls with them.
- ☐ Turn on a TV exercise show. Follow along!
- ☐ Do squats while cleaning the floor. Or while folding the laundry.

☐ \_\_\_\_\_

## No one to watch the baby? Bring the baby along!

- ☐ Turn on some music. Dance! You can even dance (carefully) with your baby in your arms
- ☐ Take a walk around the block. Push your baby or toddler in a stroller.
- ☐ Take a "hike" at the mall. Hold your toddler's hand. Explore together!

☐ \_\_\_\_\_

## Stuck in a chair all day long?

- ☐ Flex your feet up and down. Do it again in 15 minutes.
- ☐ Stand up and stretch to the left. Stretch to the right. Do it again in 30 minutes.
- ☐ Suck in your stomach. Hold it for 10 seconds. Do it again in 15 minutes.

☐ \_\_\_\_\_

# Food Safety for Moms-to-Be At-a-Glance

[Food Safety for Moms-To-Be Main Page \(/food/people-risk-foodborne-illness/food-safety-moms-be\)](#)

[En Español \(Spanish\) \(/food/people-risk-foodborne-illness/resumen-de-seguridad-alimentaria-para-futuras-mamas\)](#)



## What is foodborne illness?

- It's a sickness that occurs when people eat or drink harmful microorganisms (bacteria, parasites, viruses) or chemical contaminants found in some foods or drinking water.
- Symptoms vary, but may include: stomach pain, vomiting, diarrhea, fever, headache, or body aches. Sometimes you may not feel sick, but whether you feel sick or not, you can still pass the illness to your unborn child without even knowing it.

## Why are pregnant women at high risk?

- You *and* your growing fetus are at high risk from some foodborne illnesses because during pregnancy your immune system is altered, which makes it harder for your body to fight off certain harmful foodborne microorganisms.
- Your unborn baby's immune system is not developed enough to fight off harmful foodborne microorganisms.
- For both mother and baby, foodborne illness can cause serious health problems - or even death.

## 4 Simple Steps to Keep You and Your Baby Healthy

There are many bacteria that can cause foodborne illness, such as *E. coli* O157:H7 and *Salmonella*. Here are 4 Simple Steps you should follow to keep yourself and your baby healthy during pregnancy and beyond!

### 1. Clean

- Wash hands thoroughly with warm water and soap.
- Wash hands *before* and *after* handling food, and *after* using the bathroom, changing diapers, or handling pets.
- Wash cutting boards, dishes, utensils, and countertops with hot water and soap.
- Rinse raw fruits and vegetables thoroughly under running water.

## 2. Separate

- Separate raw meat, poultry, and seafood from ready-to-eat foods.
- If possible, use one cutting board for raw meat, poultry, and seafood and another one for fresh fruits and vegetables.
- Place cooked food on a clean plate. If cooked food is placed on an unwashed plate that held raw meat, poultry, or seafood, bacteria from the raw food could contaminate the cooked food.

## 3. Cook

- Cook foods thoroughly. Use a food thermometer to check the temperature. See the [Apply the Heat \(/food/people-risk-foodborne-illness/heat-chart-food-safety-moms-be\) \(PDF \(/media/74326/download\) | 20.3KB \)](#) chart for the recommended cooking times for foods.
- Keep foods out of the Danger Zone: The range of temperatures at which bacteria can grow - usually between 40° F and 140° F (4° C and 60° C).
- 2-Hour Rule: Discard foods left out at room temperature for more than 2 hours. When temperatures are above 90° F (32° C), discard food after 1 hour.

## 4. Chill

- Your refrigerator should register at 40° F (4° C) or below and the freezer at 0° F (-18° C). Place an appliance thermometer in the refrigerator, and check the temperature periodically.
- Refrigerate or freeze perishables (foods that can spoil or become contaminated by bacteria if left unrefrigerated).
- Use ready-to-eat, perishable foods (dairy, meat, poultry, seafood, produce) as soon as possible.

# 2 Foodborne Risks for Pregnant Women

As a mom-to-be, there are 2 specific foodborne risks that you need to be aware of. These risks can cause serious illness or death to you or your unborn child. Follow these steps to help ensure a healthy pregnancy.

## 1. *Listeria monocytogenes*

What it is: A harmful bacterium that can grow at refrigerator temperatures where most other foodborne bacteria do not. It causes an illness called listeriosis.

Where it's found: Refrigerated, ready-to-eat foods and unpasteurized milk and milk products.

How to prevent illness:

- Follow the 4 Simple Steps above.
- Do not eat hot dogs and luncheon meats - *unless they're reheated until steaming hot.*
- Do not eat soft cheese, such as Feta, Brie, Camembert, "blue-veined cheeses," "queso blanco," "queso fresco," and Panela - *unless it's labeled as made with pasteurized milk.* Check the label.
- Do not eat refrigerated pâtés or meat spreads.
- Do not eat refrigerated smoked seafood - *unless it's in a cooked dish, such as a casserole.* (Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna, or mackerel, is most often labeled as "nova-style," "lox," "kippered," "smoked," or "jerky." These types of fish are found in the refrigerator section or sold at deli counters of grocery stores and delicatessens.)
- Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.

## **2. *Toxoplasma gondii***

What it is: A harmful parasite. It causes an illness called toxoplasmosis that can be difficult to detect.


Where it's found: Raw and undercooked meat; unwashed fruits and vegetables; contaminated water, soil; dirty cat-litter boxes; and outdoor places where cat feces can be found.

How to prevent illness:

- Follow the 4 Simple Steps above.
- If possible, have someone else change the litter box. If you have to clean it, wash your hands with soap and warm water afterwards.
- Wear gloves when gardening or handling sand from a sandbox.
- Don't get a new cat while pregnant.
- Cook meat thoroughly: see the [Apply the Heat \(/food/people-risk-foodborne-illness/heat-chart-food-safety-moms-be\)](/food/people-risk-foodborne-illness/heat-chart-food-safety-moms-be) (PDF (</media/74326/download>) | 20.3KB) chart for the proper temperatures.



## For More Information

- See your doctor or healthcare provider if you have questions about foodborne illness.
- FDA Food Information Line: 1-888-SAFE-FOOD.
- FDA Center for Food Safety and Applied Nutrition: [http://www.fda.gov/Food/ \(/Food/\)](http://www.fda.gov/Food/ (/Food/))
- Gateway to Government Food Safety Information: [www.foodsafety.gov](http://www.foodsafety.gov)  
(<http://www.foodsafety.gov>)
- U.S. Partnership for Food Safety Education: [www.fightbac.org](http://www.fightbac.org) (<http://www.fightbac.org>)   
(<http://www.fda.gov/about-fda/website-policies/website-disclaimer>)