

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Food Safety and Shopping Tips for Pregnancy

Food Safety and Cooking Tips

- Always wash your hands in warm to hot, soapy water before starting to cook, after using the restroom, smoking, petting an animal, changing a diaper, talking on your cell phone etc.
- Keep counters and cooking areas clean; chlorine bleach may be used to sanitize the counters and sink. Follow the directions on the bottle.
- Meat, fish, or poultry should be kept refrigerated until you are ready to cook it. If frozen, defrost in the refrigerator the night before on a plate or pan to prevent juices from spilling in the refrigerator. Fresh meat, fish, or poultry should be cooked within 48 hours after purchase or frozen.
- Cook meats, fish, or poultry until well done to prevent the risk of listeriosis contamination. Check the inside cooking temperature by placing a thermometer in the thickest part of the food. Here is a list of minimum cooking temperatures:
 - Ground beef, pork, veal, lamb including hamburgers: 160°F
 - Fresh beef, pork, veal, lamb: 145°F
 - Poultry whole, ground or stuffed: 165°F
 - Fin Fish: 145°F or until flesh is opaque and separates easily with a fork
 - Shrimp, Lobster and Crabs: cook until flesh is pearly and opaque
 - Clams, Oysters and Mussels: cook until shells open during cooking
 - Scallops: cook until flesh is milky white or opaque and firm
- Keep hot foods hot and cold foods cold until you are ready to serve them.
- After eating, store food promptly and, if possible, place hot food in shallow containers so that they will cool down quickly in the refrigerator.
 - Do not stack the containers in the refrigerator so that the air can get to the food quickly.
 - There is no need to “let the food cool down” prior to placing in the refrigerator. This was done years ago when refrigerators had ice blocks to cool the food and people did not want to melt the ice; modern refrigerators are able to handle the warm food.
- Leftovers should be used quickly; if you don’t think this is possible, consider freezing the food for use later.
- Luncheon meats and hot dogs should be heated until they are steaming hot.
- Eggs should be stored inside the refrigerator, rather than on the door, to keep them at 40°F (4.4°C) and should be cooked until the yolk is hard or, if scrambled, until no longer runny.
 - To prevent food poisoning, raw eggs should never be eaten. The bacteria could make you sick and hurt your baby.
 - Pasteurized liquid eggs are a safe choice.

- Keep your refrigerator at 35°F to 40°F (1.67 to 4.4°C) and your freezer at 0°F (–18°C). Inexpensive thermometers can be purchased at a discount center or grocery store.
- When in doubt, throw it out! It is not worth you and your baby getting sick.

Cooking and Meal Hints to Enhance Iron Absorption

- When cooking or sautéing meat or vegetables, use a cast iron skillet if possible, since the iron from the pan will mix into the food.
- Serve things like tomato-based salsa or tomato-based sauces with meats (for example, meat sauce made with tomato sauce and spaghetti) since the vitamin C from the tomato products will help you better absorb the iron in the meat.
- For breakfast, if you are eating fortified cooked or ready-to-eat cereal, drink a glass of orange juice or a vitamin C-enriched 100% fruit juice.
- Instead of chips or crackers, snack on dry, ready-to-eat cereal, since it is higher in iron than chips and crackers.

Shopping Tips

- If possible, shop early in the day to avoid crowds to prevent excessive standing as well as preventing perishable foods from being in your cart for a long time. Shop more frequently so less time is spent in the store.
- Eat prior to shopping to help prevent you from becoming nauseated in the store and bring along a snack like crackers or fresh fruit like banana or apple.
- Make a grocery list to help you remember the things you need.
- If you shop at the same store all the time, write your list based on the aisles in the store to help you spend less time in the store.
- Fill your cart and proceed through the store in the following order:
 - Dry, canned, and unrefrigerated packed foods and supplies
 - Fresh produce and bakery counter items
 - Dairy products
 - Fresh meats
 - Frozen foods
 - Checkout line
- Use label reading tips to help guide your purchases
- Once you are done shopping, go right home and store food immediately. Do not make other lengthy stops on your way home.

Notes:

For additional information:

- How to Safely Handle Refrigerated Ready-to-Eat Foods and Avoid Listeriosis: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm085503.htm>
- Protect Your Baby and Yourself from Listeriosis: http://www.fsis.usda.gov/Fact_Sheets/Protect_Your_Baby/index.asp
- Safe Food Handling: Keeping Bag Lunches Safe: http://www.fsis.usda.gov/Fact_Sheets/Keeping_Bag_Lunches_Safe/index.asp
- Folic Acid Fortification: <http://vm.cfsan.fda.gov/~dms/wh-folic.html>
- Fitness for Two: http://www.marchofdimes.com/professionals/14332_1150.asp
- Keep Your Baby Safe: Eat Hard Cheeses Instead of Soft Cheeses During Pregnancy: <http://vm.cfsan.fda.gov/~dms/listeren.html>
- Pregnant Women: Food Poisoning Can Be Prevented: <http://homefoodsafety.org/tips-pregnant>