



Food Safety in Pregnancy: Quick Guide

Key Points:

- Alcohol: Avoid completely; no safe amount during pregnancy.
- Caffeine: Limit to 200mg/day (e.g., 1-2 cups espresso, 3 cups instant coffee, or 4-5 cups tea/cola).
- Fish: Eat 1-3 serves/week. Avoid high-mercury fish (shark, swordfish, marlin). Limit orange roughy and catfish to once a week.
- Vitamin A (Liver): Limit liver to 50g/week due to high retinol levels.
- Food Contamination: Avoid high-risk foods to prevent infections like listeria, salmonella, and toxoplasmosis.

Safe and Unsafe Foods:

Meat & Poultry

- Eat: Thoroughly cooked meat/chicken. Hot takeaway chicken if freshly cooked.
- Avoid: Raw/undercooked meat.

Cold Meats & Pates

- Eat: Cooked processed meats (e.g., on pizza). Canned pates/pastes.
- Avoid: Ready-to-eat deli meats (e.g., ham, salami) unless reheated steaming hot.

Fish & Seafood

- Eat: Freshly cooked fish, canned seafood, sushi without raw seafood.
- Avoid: Raw/smoked seafood, pre-cooked prawns.
- Limit: Shark, swordfish, marlin (once/fortnight); orange roughy, catfish (once/week).



Dairy

- Eat: Pasteurised milk, hard cheeses, cream cheese, paneer.
- Avoid: Unpasteurised dairy, soft cheeses (brie, camembert) unless cooked.

Eggs

- Eat: Fully cooked eggs.
- Avoid: Raw/runny eggs, foods with raw eggs (e.g., homemade mayo, mousse).

Vegetables & Fruits

- Eat: Freshly cooked vegetables, whole washed fruit.
- Avoid: Pre-prepared salads, pre-cut fruit, raw sprouts.

Sesame Seeds

- Eat: Heat-treated sesame products (e.g., sesame oil, baked goods).
- Avoid: Raw sesame products (e.g., tahini, hummus).

Drinks

- Avoid: Alcohol, energy drinks with caffeine/guarana.
- Limit: Caffeine to 200mg/day.

Food Safety Tips:

- Wash hands, utensils, and produce thoroughly.
- Cook food thoroughly; reheat leftovers until steaming hot.
- Refrigerate leftovers promptly and eat within 24 hours.
- Avoid food left out for 4+ hours.
- Keep fridge below 5°C.

Contact Us

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WOMEN'S HEALTH



Infections to Avoid:

- Listeria: Avoid soft cheeses, pre-prepared salads, cold deli meats, and unpasteurised dairy.
- Salmonella: Avoid raw eggs, cracked eggs, and raw sesame products.
- Toxoplasmosis: Cook meat thoroughly, wash produce, and handle cat litter carefully.

Need Help?

- Alcohol Support: Women's Alcohol and Drug Service (03) 8345 3931.
- Family Violence Support: 1800 Respect (1800 737 732).

For more details, consult your healthcare provider or visit trusted health websites.

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