



## Pregnancy

### FOOD SAFETY

There has been a lot of publicity in recent years about the dangers of food poisoning. Illnesses caused by listeria and toxoplasma can be harmful to an unborn baby. Listeriosis is a very rare disease with flu-like symptoms. Toxoplasmosis is caused by a parasite that comes from cats' faeces, soil, raw or undercooked meats, and unpasteurised milk. Salmonella is one of the commonest causes of food poisoning, causing sickness and diarrhoea. Although it may not have any direct effect on an unborn baby, it is best to avoid this unpleasant illness during pregnancy.

The Department of Health has given this advice on how to avoid infections while pregnant.

### SAFE EATING:

- ▶ Wash hands before and after handling food, especially raw meat and poultry.
- ▶ Always wash food that will be eaten raw.
- ▶ Use separate boards for preparing raw and cooked meat and poultry.
- ▶ Keep your fridge below 5°C
- ▶ Eat foods within their "use by" date.
- ▶ Reheat chilled (ready to eat) dishes until piping hot all the way through.

### AVOID EATING:

- ▶ Soft unpasteurised cheeses e.g. Brie, Camembert, blue vein cheeses (Danish, Blue Stilton)
- ▶ Pate
- ▶ Raw or soft-boiled eggs
- ▶ Raw eggs in homemade dishes e.g. mousses, cheesecake, ice cream
- ▶ Undercooked poultry

FURTHER INFORMATION AVAILABLE [www.netdoctor.co.uk/womenshealth/pregnancy](http://www.netdoctor.co.uk/womenshealth/pregnancy)

#### HEALTH RECOMMENDATION

It is recommended that you consult your GP before starting any eating plan. Slimtone and Marie Griffiths shall not be liable for any injury to health arising out of any diet or exercise recommended by Slimtone or in the Lifestyle Plan.