










SAFE FOOD GUIDE FOR PREGNANCY








FOOD CATEGORY	FOOD TYPE	SAFETY PRECAUTIONS
Processed Meats	Ham, salami, polony, chicken, meat etc.	 DON'T EAT.
Raw Meat	Any raw meat, raw chicken or other poultry, beef, pork etc.	 DON'T EAT.
Poultry	Cold chicken or turkey, e.g. used in sandwich bars.	 DON'T EAT.
	Hot takeaway chicken.	Purchase freshly cooked and eat while hot. Store leftovers in fridge to reheat and use within a day of cooking.
	Home-cooked.	Ensure chicken is cooked thoroughly and eat while hot. Store any leftovers in fridge to reheat and use within a day of cooking.
Pate	Refrigerated pate or meat spreads.	 DON'T EAT.
Seafood	Raw seafood.	 DON'T EAT.
	Ready-to-eat chilled peeled prawns.	 DON'T EAT.
	Cooked fish and seafood.	Cook thoroughly until steaming and eat while hot. Store leftovers in the fridge to reheat and use within a day of cooking. No more than one serve (100g cooked) of shark/ flake, marlin or broadbill/swordfish per fortnight.
Sushi	Store-bought.	 DON'T EAT.
	Home-made.	Don't use raw meat or seafood, eat immediately.
Cooked Meats	Beef, pork, chicken, mince.	Cook thoroughly, eat while hot.



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Cheese	Soft and semi-soft cheese, e.g. brie, camembert, ricotta, feta.	 DON'T EAT.
	Processed cheese, cheese spreads, cottage cheese, cream cheese etc.	Store in the fridge, eat within two days of opening pack.
	Hard cheese, e.g. cheddar, tasty cheese.	Store in the fridge.
Ice-cream	Soft serve.	 DON'T EAT.
	Fried ice-cream.	 DON'T EAT.
	Packaged frozen ice-cream.	Keep and eat frozen.
Dairy	Unpasteurised (raw).	 DON'T EAT.
	Pasteurised, e.g. milk, cream, yoghurt.	Check 'best before' or 'use-by' date. Follow storage instructions.
Custard	Store-bought.	Can be eaten cold if freshly opened. Store in fridge to reheat and use within a day of opening. Check 'best before' or 'use-by' date.
	Home-made.	Cook thoroughly and eat while hot. Store in fridge. Always reheat and use within a day of making.
Eggs	Cooked egg dishes e.g. fried eggs, scrambled eggs, quiche.	Cook thoroughly. Don't use cracked or dirty eggs.
	Raw in food e.g. home-made mayonnaise, chocolate mousse, aioli.	 DON'T EAT.
	In non-refrigerated commercial products e.g. mayonnaise, aioli.	Check 'best before' or 'use-by' date, follow storage instructions.



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Salads	Pre-prepared or pre-packaged salads including fruit salad, egg from salad bars, smorgasbords.	 DON'T EAT.
	Home-made.	Wash salad ingredients well just before making and eating salads, store any leftover salads in fridge and use within a day of preparation.
Fruit	Whole fresh fruits.	Wash well before eating.
Vegetables & Herbs	Fresh vegetables and herbs.	Wash well just before eating raw or wash before cooking. Wash well before eating.
	Frozen vegetables.	Cook, don't eat uncooked.
Bean Sprouts	Alfalfa sprouts, broccoli sprouts, onion sprouts, sunflower.	 Don't eat raw or lightly cooked.
	Sprouts, clover sprouts, radish sprouts, snowpea sprouts, mung beans and soybean sprouts.	
Leftovers	Cooked foods.	Store leftovers covered in the fridge, eat within a day and always reheat until steaming hot.
Canned Foods	Tinned fruit, vegetables, fish etc.	Store unused portions in the fridge in clean, sealed containers and use within a day.
Stuffing	Stuffing from chicken or poultry.	 DON'T EAT - unless cooked separately and eat hot.
Hummus	Store-bought or home-made.	Store in fridge, eat within two days of opening or making.
Soy	All soy products, e.g. tofu, soy milk, soy yoghurt etc.	Check 'best before' or 'use-by' date. Follow storage instructions.



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CAFFEINE TYPE	AMOUNT OF CAFFEINE (mg/250mL))
Instant Coffee (prepared to instructions)	80 - 100
Espresso Coffees (e.g. cappuccino, flat white)	100 - 200
Percolated Coffee	100 - 150
Brewed/Plunger Coffee	100 - 500
Decaffeinated Coffee	2 - 4
Energy Drinks	80
Tea – amount depends on the brew (black & green tea contain caffeine)	8 - 90
Cola	30
Hot Chocolate or Cocoa	50 - 70
Chocolate Bars	20mg per 20g bar