

Food Safety During Pregnancy



Did you know?

Pregnant people are 10 times more likely to get Listeriosis[^]

What is Listeria?

Listeria is an illness caused by eating foods contaminated by the bacteria, **Listeria monocytogenes**.

Listeria infection (also known as Listeriosis) is uncommon, but it can cause death in at-risk people, such as the elderly and people whose immune systems are not working properly.

Implications for pregnant people

Listeria is dangerous for pregnant people.

Even a mild listeria infection can cause:

- miscarriage
- stillbirth
- premature birth
- a baby who is very ill when born.

More information

For information regarding Listeriosis, including symptoms, visit the Department of Health website:

 www.health.vic.gov.au/infectious-diseases/listeriosis



Grampians Public Health Unit



The following listeria **high-risk foods** should be avoided if you are pregnant



Soft cheeses (these are safe if cooked and served hot)



Ready-to-eat foods – including leftover meats, which have been refrigerated for more than one day



Ready-to-eat or raw seafood



Raw vegetable garnishes

Dips and salad dressings in which vegetables may have been dipped



Any unpasteurised milk or foods made from unpasteurised milk

Soft-serve icecream



Deli meats which are eaten without further cooking or heating



Drinks made from fresh fruit and vegetables where washing procedures are unknown

Pre-prepared or pre-packaged fruit and vegetable salads



[^] Centre for Disease Control and Prevention, October 2022