

FEATURE – PROTECTING YOUR BABY FROM LISTERIOSIS

INTRO: The USDA has advice for pregnant women about protecting themselves and their babies from the foodborne illness, listeriosis. The USDA's Pat O'Leary has more. (1:41)

PREGNANT WOMEN ARE AT HIGH RISK FOR GETTING SICK FROM *Listeria*, WHICH ARE HARMFUL BACTERIA FOUND IN MANY FOODS. *Listeria* CAN LEAD TO A DISEASE CALLED LISTERIOSIS, WHICH CAN CAUSE MISCARRIAGE, PREMATURE DELIVERY, SERIOUS ILLNESS OR DEATH OF A NEWBORN BABY. IF YOU ARE PREGNANT, YOU NEED TO KNOW WHAT FOODS ARE SAFE TO EAT AND HOW TO HANDLE THEM. THE U.S. DEPARTMENT OF AGRICULTURE'S MEAT AND POULTRY HOTLINE CAN HELP.

Maribel Machin-Alonso, USDA Meat & Poultry Hotline: I answer questions from consumers on food safety issues, and I am also pregnant, so I know all about listeriosis and how to prevent it and *Be Food Safe*.

First of all, pregnant women should **not eat** hot dogs, luncheon or deli meats **unless** they are reheated to steaming hot.

We should **not** eat refrigerated pâté, meat spreads from a deli counter, or smoked seafood from the refrigerated section of the store. Foods that don't need refrigeration, like canned tuna and canned salmon, are okay to eat. Refrigerate after opening.

We should **not drink** unpasteurized milk and we should **not eat** foods with unpasteurized milk in them.

We should **not eat** soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses, or Panela **unless** it is made with pasteurized milk. Make sure the label says, "MADE WITH PASTEURIZED MILK."

And we should **not eat** store-made salads, such as ham, chicken, egg, tuna or seafood salad.

It's important to avoid these foods throughout pregnancy to protect the health of your baby.

FOR MORE INFORMATION, VISIT ASKKAREN.GOV OR CALL THE USDA'S MEAT AND POULTRY HOTLINE AT 1-888-MPHOTLINE. FOR THE U.S. DEPARTMENT OF AGRICULTURE, I'M PAT O'LEARY.