



Are you pregnant?

You are at greater risk of food poisoning and related complications.

QUICK TIP

During pregnancy, soft and semi-soft cheeses should be avoided, even if pasteurized.

When you are pregnant, your body is less able to fight off harmful bacteria. This puts you, and your baby, at greater risk of food poisoning and serious health complications, including miscarriage.

Learn more and get your free *Safe Food Handling for Pregnant Women* guide on [HealthyCanadians.gc.ca/foodsafety](https://www.healthycanadians.gc.ca/foodsafety) or call 1-800-O-Canada.



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