

# 生冷食物

# 要留神

## Know Your High-risk Foods

孕婦應避免進食生或未熟的食物，以減低食物中毒或感染有害病菌風險，例如可引致流產、早產、嬰兒出生體重過輕甚或夭折的李斯特菌

Pregnant women should avoid eating raw or undercooked foods to lower the risk of food poisoning or contracting harmful germs such as *Listeria* which may cause miscarriages, premature births, underweight births or even infant deaths



生或未熟的蛋  
Raw or undercooked eggs



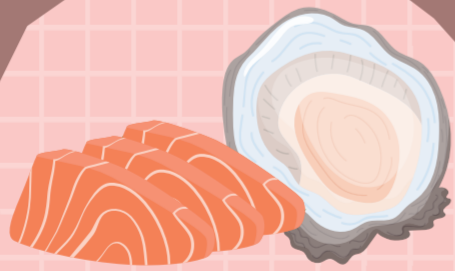
軟雪糕  
Soft ice-cream



凍食肉類及生肉  
Cold cuts and raw meat



生乳芝士  
Raw milk cheese



生及冷熏海鮮  
Raw and cold smoked seafood



預先包裝沙律菜  
Prepackaged salad greens

為寶寶健康把關 To safeguard your baby's health

### 徹底煮熟

Cook thoroughly

包括生、加工及剩餘的食物

### 生熟分開

Separate raw and cooked foods

避免交叉污染

### 精明選擇

Choose wisely when eating out

出外用餐時查閱餐牌或詢問店員

食安小隊  
為準媽媽送上入廚小秘技  
Kitchen hacks for mums-to-be

