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How Should You Cook Your Food?

All food covered in soil

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Monday, May 29th, 2017

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You are even more vulnerable to bacterial attacks when you are pregnant. To prevent any risk of contamination, always remember to wash the following, under running water:

- Raw vegetables and herbs
- All food covered in soil
- Your hands, before touching any foodstuffs and before meals.
- Be especially sure to:
 - Cook your meat and fish well, which is all the more important if you are not vaccinated against toxoplasmosis (consult your doctor).
 - Remove the rind from cheese (to prevent any risk of contamination with listeria)
 - Follow the best-before dates.
 - Regularly clean your utensils and your refrigerator with diluted bleach.
- Finally, you should also remember to store raw food separately from cooked or ready-made food so as to prevent contamination from one foodstuff to another. Monitor the temperature of your refrigerator, which should not exceed 4°C.

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