



Risks And Precautions

For Eating Prawns During Pregnancy

Possible risks

High levels of toxic substances such as mercury in seafood can harm a baby's nervous system.



Raw prawns may be contaminated with listeria, resulting in fatal blood poisoning and other diseases.



Undercooked prawn consumption increases the risk of contracting toxoplasmosis, which may harm the mother and baby.



Consuming raw prawns, which are used in dishes such as sushi, might result in food poisoning.



Precautions



Make sure the prawns are cooked thoroughly to avoid the risk of food poisoning.



Consider purchasing fresh shellfish from reliable suppliers.



Seafood should be kept in the refrigerator right away and shouldn't be kept in airtight or watertight containers as that can spoil it.



Freeze the prawns for 24 hours before cooking. It can kill several germs.

References:

1. Mercury In Fish; Better Health
2. Foods To Avoid In Pregnancy; Tommy's
3. Are oysters safe to eat in pregnancy; Poison Control
4. Fish and Shellfish; NHS