



Ways To Safely Include **RAW VEGETABLES** During Pregnancy

Rinse raw veggies thoroughly before eating. Avoid using soap, detergents, or bleach solutions for cleaning.



You may use a vegetable brush to remove dirt from the surface.

Cut away damaged or bruised areas of vegetables as bacteria may grow in such places.



Avoid raw sprouts.

Keep vegetables separate from animal-origin foods (meat, poultry, and seafood).



Gas-causing vegetables (brussels sprouts, broccoli, asparagus) are better cooked before eating.

References

1. Healthy Eating and Pregnancy; American Academy of Family Physicians
2. Fruit and Vegetable Safety; Food Safety Gov
3. Foods Likely to Cause Gas; IFFGD