

# Safety Considerations About Eating Imitation **CRAB** DURING PREGNANCY



Check the ingredients on the label to select a safe fish



Do not eat undercooked or raw imitation crab

Cook an imitation crab to a safe minimum temperature of 165°F



Wash your hands and the utensils before and after handling it

Choose fresh, ready-to-eat products and try to consume them within 2-3 days



When eating out, make sure the chef uses a safe and clean variety of fish and utensils

**Reference:**

1. Advice to Consumers, Restaurants, and Retailers; CDC