




Precautions For *Eating Sprouts* During Pregnancy



Do not consume raw or lightly cooked sprouts as they may carry harmful salmonella bacteria, which increase the risk of miscarriage.

Purchase sprouts that are refrigerated and fresh.

Store the sprouts at a temperature of 40°F or below.

Ensure to thoroughly wash it under running water before consumption.

Do not buy sprouts that have a stale smell and slimy texture.

Cook the sprouts until steaming hot to reduce the risk of infection.