



FOOD TYPE		WHAT TO DO
BREADS AND CEREALS		
Breads	All types	OK to eat
Cakes, slices, muffins etc	Plain	OK to eat
	With added cream or custard	Don't eat (unless cream is newly opened and custard is home-made and fresh)
Cereals	Breakfast cereals, rice, pasta, etc	OK to eat – refer to dairy products below for advice on milk. This advice does not cover fresh pasta with filled varieties. Check advice specific to the filling if available
DAIRY		
Cheese	Low acid soft pasteurised cheese (e.g. brie, camembert, blue, ricotta, mozzarella, feta, haloumi, paneer cheese)	Do not eat unless cooked
	Hard cheese (e.g. cheddar, parmesan)	OK to eat, store in fridge
	Pasteurised cottage cheese, cream cheese, etc	Buy in sealed packs; eat cold within two days of opening pack or eat cooked until "best before" date on the packaging
Butter	All types	OK to eat, store in fridge
Cream	Fresh, unwhipped or whipped, sour cream etc	Buy in sealed packs. Keep the cream refrigerated in the original packaging and to take care to prevent contamination when using. Eat within two days of opening pack
Custard	Ready-made chilled (packaged)	Keep refrigerated in original packaging and eat within two days of opening
	Home-made	Eat hot immediately after cooking; reheat leftovers until piping hot (over 70°C) and eat immediately
Milk	Pasteurised	Keep milk refrigerated in original packaging, take care not to contaminate lids when using and consume before the manufacturer's best before date
Unpasteurised milk and dairy products	All types of unpasteurised (raw) milk and dairy products (cheese, cream, yoghurt etc.)	Don't eat
Ice cream	Packaged	OK to eat
	Soft serve	Don't eat
Yoghurt	Pasteurised	For commercially produced yoghurts follow manufacturer's advice on the package. Yoghurt made in the home from pasteurised milk or commercial premises should be kept under refrigeration and eaten within two days of being made
EGGS		
Raw eggs	In egg flips, eggnog, smoothies, home-made mayonnaise and dressings, home-made ice cream, mousse and tiramisu, etc	Don't eat
Cooked eggs	Fried, scrambled, baked, poached, etc	Cook well (firm yolks, firm scrambled eggs)
MEAT AND POULTRY		
Cooked meats	Beef, pork, chicken, mince, sausages, etc	Cook until piping hot throughout, and until juices run clear (use a meat thermometer to check temperatures); eat while hot; never eat rare or undercooked meats; store leftovers covered in fridge and eat within two days; reheat leftovers and cold cooked meats until piping hot (over 70°C)
Processed meats	Ham, salami, luncheon, pâté, pastrami, biltong, or jerky (dried meat), etc	Don't eat unless heated until piping hot (over 70°C)
Cold cooked poultry	Any cold pre-cooked poultry (e.g. chicken, turkey)	Don't eat unless heated until piping hot (over 70°C)
Raw meat	Any raw meat, raw chicken or other poultry, beef, pork, etc	Don't eat or taste; don't touch face, mouth or eyes while preparing; wash and dry hands well after touching raw meat
SEAFOOD		
Raw fish	Any raw fish (including marinated raw fish)	Don't eat
Raw shellfish	Any raw shellfish (including marinated raw mussels)	Don't eat
Smoked fish, shellfish and crustacea	Chilled, pre-cooked fish, mussels, oysters*, scallops*, salmon, crayfish, prawns, etc	Don't eat unless heated until piping hot (over 70°C).
Freshly cooked fish, mussels, oysters, crayfish, scallops, etc		Make sure that it's cooked thoroughly until piping hot (over 70°C) throughout; eat while hot
VEGETABLES, SALADS AND FRUITS		
Fruit	All fresh fruits	Wash and dry well just before eating. Whole melons should be thoroughly washed and dried before cutting. Frozen berries should be cooked before eating
	Imported frozen berries	Cook
Vegetables	All fresh vegetables	Wash and dry well just before eating raw, or wash before cooking
	Frozen vegetables	Cook; don't eat uncooked frozen vegetables
Salads	Salads: Pre-packaged salads and ready-made salads and coleslaws from delis, salad bars, etc. Vegetable-based salads, pasta salads, rice salads, fruit salads, etc.	Don't eat
	Home-made	Wash salad ingredients well before using
Herbs	Fresh home-grown and store-bought dried herbs	Wash well before using Cook thoroughly
MISCELLANEOUS		
Leftovers	Cooked foods	Store leftovers covered in fridge and eat within two days; reheat leftovers until piping hot (over 70°C); never eat cold leftovers
Canned foods	Canned fruit, vegetables, fish, seafood, meat, sauces, etc	Remove from can for storage; store uneaten leftovers covered in fridge and eat within two days
Sauces, dressings and spreads	Commercially manufactured salad dressings (oil and vinegar) and mayonnaise, tomato sauce, margarine-type spreads, etc	Store in fridge once opened; check maximum storage time. Handle any heat-and-eat sauce products according to the manufacturer's instructions
Sushi	Store-bought (all types – even without raw seafood)	Don't eat
	Home-made	Use freshly cooked rice, and don't use raw or cold cooked meat or seafood; eat immediately; don't eat leftovers
Stuffing	Stuffing from chicken or turkey	Don't eat unless stuffing is cooked separately (in a dish); eat hot; store leftovers in fridge and eat within two days; reheat leftovers until piping hot (over 70°C)
Hummus and other dips containing tahini	Store-bought or home-made	Don't eat
Seaweed	Brown seaweed** (i.e. kelp, kombu, wakame, arame, quandai-cai, hiziki/hijiki, or Sargassum fusiforme)	Limit to 1 serve per week
	Red or green seaweed (including nori and karengo) used in sushi and dulce	OK to eat, see advice on sushi
Sprouts and enoki mushrooms	Seed sprouts (alfalfa, mung bean, lentil, chickpea, broccoli, radish, pea, snow pea, adzuki) and enoki mushrooms	Don't eat, unless cooked
Fruit juice, kombucha and cider (non-alcoholic)	Pasteurised	OK to drink
	Unpasteurised (raw)	Don't drink

* Bluff and Pacific oysters and queen scallops contain more cadmium than other foods. We recommend you eat these shellfish only once per month during pregnancy.

**Brown seaweeds contain naturally very high iodine concentrations. Brown seaweeds are typically sold dry and are used in soups, stewed dishes, kelp salt and seaweed salads.

RECOMMENDED SERVINGS FOR FISH SPECIES TO MINIMISE MERCURY INTAKES

No restriction necessary

Anchovy • Arrow squid • Barracouta • Blue cod • Brill/Turbot • Brown trout (except from Lake Ellesmere) • Cockles • Eel, long or short finned • Elephant fish • Flounders • Gurnard • Hoki • John Dory • Ling • Monkfish or stargazer • Mussels (green and blue) • Orange perch • Orange Roughy • Oreo dories • Oysters (except Bluff and Pacific) • Parore • Scallops (except Queen) • Rainbow trout (only from non-geothermal regions) • Skipjack tuna (No data for yellowfin tuna) • Smooth oreo • Sole (except Lemon sole) • Southern blue whiting • Surf clams (e.g. tuatua) • Tarakihi • Toothfish, Antarctic • Warehou (common, silver and white) • Whitebait (Inanga)

3 – 4 servings per week acceptable

Albacore tuna • Alfonsino • Bass • Bluenose • Ghost sharks • Hake • Hapuka (Groper) • Javelin Fish • Kahawai • Kingfish • Lake Taupo trout • Leatherjacket • Lemon sole • Mackerel (blue and jack) • Red cod • Ribaldo • Rig (Lemonfish, Spotted dogfish) • Rock lobster • Salmon (farmed) • Sea perch • Silverside • Skate • Snapper • Sprats • Trevally

1 serving per 1 – 2 weeks acceptable

Cardinal fish • Dogfish (excluding rig) • Lake Rotomahana trout • Lake trout from geothermal regions • School shark (Greyboy, Tope) • Marlin (striped) • Southern bluefin tuna • Swordfish

Restaurants and takeaways

When you eat out or buy takeaways, you should avoid the same high-risk foods you would avoid at home. Piping hot (over 70°C) food is your best choice. However, you have little control over the way food is prepared in restaurants and takeaways.

When eating in a restaurant or eating takeaway food:

- your food should be **well cooked** and prepared just before it is served to you;
- eat food that is **piping hot**;
- avoid eating from buffets, smorgasbords, salad bars or from street vendors, as the risks are harder to manage.



Do not eat:

- raw eggs or foods containing raw eggs (such as mayonnaise and dressings containing mayonnaise, hollandaise sauce, Caesar dressing and some desserts)
- unwashed fruits and vegetables, raw seed sprouts, raw herbs
- pre-prepared cold foods such as salads, uncooked sandwiches or sushi
- undercooked or raw meat, poultry or seafood
- cold meats, pâté or cold, smoked fish and chicken
- soft cheeses (unless cooked)
- soft-serve ice cream

Te Kāwanatanga o Aotearoa
New Zealand Government

DISCLAIMER
Every effort has been made to ensure the information in this guide is accurate. MPI does not accept any responsibility or liability whatsoever for any error of fact, omission, interpretation or opinion that may be present, however it may have occurred.

New Zealand Food Safety
PO Box 2526
Wellington
NEW ZEALAND
0800 00 83 33
www.foodsafety.govt.nz
Updated February 2026

New Zealand Food Safety

Haumarū Kai Aotearoa

Pullout guide to food safety in pregnancy

