



*I am pregnant...*

## TOXOPLASMOSIS dietary advice sheet

### SOME ADVICE

- Cook meat well (beef, mutton, pork, horse), i.e. cook it to at least 65°C throughout the entire thickness of the meat.
- Wash fruit, vegetables and aromatic plants thoroughly with water.
- Wash kitchen utensils and the kitchen work surface thoroughly.
- Wash your hands after contact with vegetables, fruit or raw meat before eating.
- When eating out of the home : avoid eating raw vegetables and prefer cooked vegetables. Meat should be eaten well cooked, or opt for poultry or fish.
- Avoid direct contact with objects that could be contaminated by cat excrement (litter boxes, soil) and always wear gloves whenever handling these objects. Disinfect cat litter boxes with bleach.
- Avoid direct contact with soil and wear gloves when gardening. Wash your hands after gardening activities.

*This sheet is only a general information document validated by the professionals of the ELENA perinatal health network, but if you have any concerns, contact the practitioner who is monitoring your pregnancy.*

Find more information on [www.chu-st-etienne.fr/elena](http://www.chu-st-etienne.fr/elena)