Do you know which foods you should avoid during pregnancy to protect yourself from listeriosis?

**What is listeriosis?**
Listeriosis is a serious infection, usually caused by eating food contaminated with the bacterium *Listeria monocytogenes*.

**Why are pregnant women at particular risk for listeriosis?**
It’s the 3rd leading cause of death from food poisoning.

[Food Safety for Pregnant Women](#)

**How can I prevent listeriosis?**
Learn which foods you should avoid to reduce risks of listeriosis.

[FoodSafety.gov–Listeria](#)

**What is the government doing to combat *Listeria*?**
*Listeria monocytogenes in Retail Delicatessens*
Check your steps