



**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 3<sup>rd</sup> 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

