

Make A Wise Food Choice

識揀識食



進食了受諾如病毒污染的
貝類海產可引致食物中毒
Consumption of shellfish contaminated
with norovirus can lead to food poisoning.

在懷孕期間，應避免進食可能含有李斯特菌
的高風險食物，例如軟芝士、即食凍肉、
未經巴士德消毒的奶類製成的食物等。

During pregnancy, avoid high risk foods that may
contain *Listeria monocytogenes* such as soft cheese,
cold cuts and foods made from unpasteurised milk.



切勿自行採摘野菇進食
食物應向可靠店鋪購買
Do not pick wild mushrooms for consumption.
Always buy food from reliable shops.