

Unborn Infants at Risk of Brain and Eye Injury from Mothers Who Consume Undercooked Meat

Pregnant women should be especially cautious to avoid undercooked meat.

MINNEAPOLIS, MN, UNITED STATES, August 25, 2015 /EINPresswire.com/ -- Almost every woman that has ever been pregnant can testify of the unusual cravings they are plagued with.

However, pregnant women should be especially cautious at this time as they could transfer a dangerous disease called Toxoplasmosis to their unborn infant.

Toxoplasmosis is caused by a single-celled parasite called *Toxoplasma Gondii*. Infants born to mothers who become infected with the disease shortly before or during pregnancy are at great risk of brain and eye injury.

Toxoplasmosis can be contracted by eating unwashed fruits and vegetables, drinking unpasteurized goats milk, accidentally ingesting contaminated soil, drinking water contaminated with *Toxoplasma Gondii* and eating food that has been contaminated by knives, utensils cutting boards and other foods that have had contact with raw, contaminated meat. However, consuming undercooked meat or poultry contaminated or accidental ingestion is among the highest reported medium of infection.

Pregnant women can protect their health and the health of their unborn child by ensuring meats attains a 145° internally and poultry a temperature of 165°. The thermometer should be inserted into the thickest part of the meat to get an accurate reading and then left to rest for three minutes before carving.



Of course, there's always the temptation to use judgement to determine if the meat is properly

ensure that the meats have attained the correct temperature. The Chef Remi cooking thermometer boasts an innovative splash proof design and an extensive temperature range with both Fahrenheit and Celsius reading options.

The Chef Remi Cooking thermometer is available exclusively through Amazon and is currently at a 50% discount. For further information or to purchase the cooking thermometer before the sale ends, visit: <http://www.amazon.com/dp/B00RV3QAKS>

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