

Are raw eggs safe for children, the elderly or pregnant women?



Categories:

Food Safety

Vulnerable people or those with compromised immune systems - including children, pregnant women, and elderly people - should not eat foods that contain raw eggs. Eggs are an important addition to the diets of children, pregnant women and the elderly as they are full of vitamins, minerals and high quality protein. But they should always be cooked properly to eliminate any risk of food poisoning.



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