

# Know Your High-risk Foods

A series on high-risk foods

Choose safe. Eat safe.  
Start well on your road  
to recovery.



Food Safety Advice for People with  
Weakened Immunity

Anybody can get foodborne illnesses, also known as **food poisoning**. However, people with weakened immunity are more likely to have a lengthier illness, undergo hospitalisation or even die, should they contract food poisoning. These include people with chronic diseases such as diabetes, liver or kidney diseases, autoimmune diseases and HIV infection, or with organ transplants, or undergoing chemotherapy or radiotherapy. If you have any health problems or take medicines (e.g. on antibiotics treatment, antacid and long-term steroids) that weaken your body's ability to fight germs and illnesses, you should be very careful with your food choices.

## Raw or Undercooked Foods are High-risk Foods

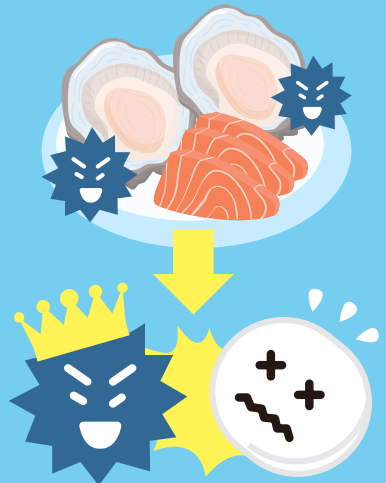
### Food Poisoning

Raw or undercooked foods are high-risk foods, as there is no or inadequate heat treatment to eliminate the microorganisms present, such as bacteria, viruses and parasites, that can pose risks to health. Common symptoms of food poisoning caused by eating food contaminated by microorganisms include vomiting, diarrhoea, abdominal pain and fever. No matter which type of pathogens is involved, people with weakened immunity are more likely to develop severe symptoms or complications and even face the risk of death.



### Superbugs

Raw or undercooked foods are also associated with the risk of 'superbugs'. They are microorganisms that have developed antimicrobial resistance (AMR) to stop a wide range of antimicrobial agents, antibiotics for example, from working against them. AMR is a serious public health threat. While cooking can kill 'superbugs', raw or undercooked foods are more likely to carry microorganisms including 'superbugs' that can be transferred to humans through food intake. Whether or not 'superbugs' can cause illnesses, they may transfer their antibiotic resistance genes to other bacteria inside the human body, therefore affecting the effectiveness of future use of antibiotics when needed.



# Avoid Raw or Undercooked Foods and Choose Safer Alternatives

Let's learn about the foods to avoid and safer alternatives for people with weakened immunity:

## Foods to Avoid ⚠️

## 👍 Safer Alternatives

### Seafood

#### Fish served raw/undercooked

(e.g. sushi, sashimi, smoked salmon)



Thoroughly cooked fish; smoked fish and precooked fish reheated thoroughly; canned fish

#### All other raw/undercooked seafood

(e.g. oysters, scallops, shrimps, cuttlefish)



Thoroughly cooked seafood; smoked seafood and precooked seafood reheated thoroughly; canned seafood

### Eggs

#### Eggs served raw or undercooked

(unhardened whites and yolks, e.g. sunny-side-up eggs, scrambled eggs)



Fully cooked eggs

#### Salad and sandwich dressings or desserts made with raw eggs

(e.g. Caesar dressing, mayonnaise, tiramisu)



Salad and sandwich dressings or desserts containing no raw eggs or made with pasteurised eggs





## Meat

### Raw/ undercooked meat and offal

(e.g. congees served with undercooked minced beef/pork liver, partially cooked steak)



Thoroughly  
cooked meat  
and offal

### Cold meat and meat products

(e.g. ham, sausages, pate)



Cold meat and  
meat products  
reheated  
thoroughly



## Dairy products

### Soft cheeses

(e.g. Feta, Brie, Camembert)

### and blue cheeses

(e.g. Danish blue, Gorgonzola and Roquefort)

made from raw milk



Cheeses  
made from  
pasteurised milk



## Vegetables

### Ready-to-eat raw vegetables

(e.g. prepackaged salad vegetables, seed sprouts, raw greens in sandwiches)



Thoroughly  
washed and  
cooked fresh  
vegetables

# 5 Keys to Preventing Food Poisoning

If you have any conditions that weaken your immune systems, or prepare food for someone who does, you should always follow the 5 keys below to reduce the risk of food poisoning:

**1**  
**Choose**  
Choose fresh and wholesome materials

**2**  
**Clean**  
Keep hands and utensils clean

**3**  
**Separate**  
Separate raw and cooked foods

**4**  
**Cook**  
Cook thoroughly

**5**  
**Safe Temperature**  
Keep food at a safe temperature

## When Eating Out

- Order food that is properly cooked. If in doubt, ask your server about the ingredients of the dishes and how they are cooked.
- If a restaurant serves you undercooked food, send it back to be thoroughly cooked until it is safe to eat.
- Handle your leftovers quickly. Refrigerate them within 2 hours of eating out. When reheating leftovers, make sure the core temperature of food reaches at least 75°C before eating.

