

食得啱 — 食得更安心

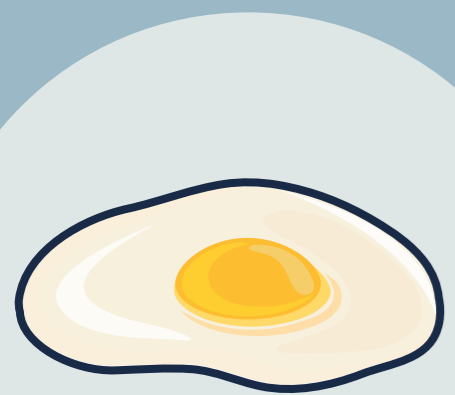
生冷食物 要畱神

Know Your High-risk Foods



生或未熟的食物屬高風險食物

Raw or undercooked foods are high-risk foods



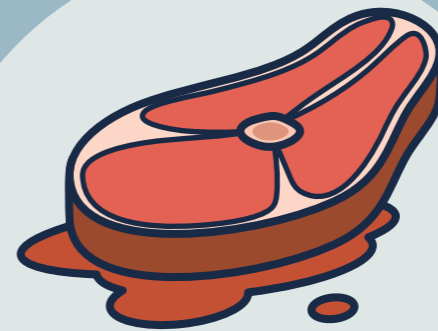
生或未熟的蛋
Raw or undercooked
eggs



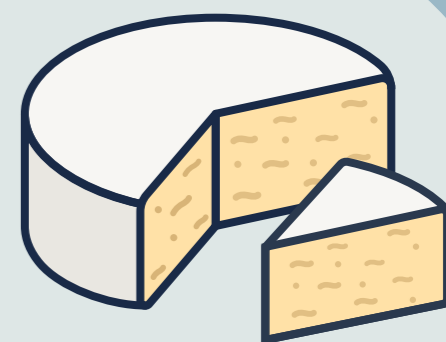
生及冷熏海鮮
Raw and cold
smoked seafood



預先包裝沙律菜
Prepackaged
salad greens



生或未熟的
肉類及內臟
Raw or undercooked
meat and offal



生乳芝士
Raw milk
cheese

高危人士應避免進食，以減低食物中毒或感染超級細菌風險

Susceptible individuals should avoid eating them to lower the risk of food poisoning or contracting superbugs



孕婦
Pregnant women



嬰幼兒
Infants and young children



長者
The elderly



免疫力弱人士
People with weakened immunity



食安小貼士 Food safety tips

徹底煮熟

Cook thoroughly

包括生、加工及剩餘的食物

生熟分開

Separate raw and cooked foods

避免交叉污染

精明選擇

Choose wisely when eating out

出外用餐時查閱餐牌或詢問店員

食安小隊話你知
廚房呢like秘技

Kitchen hacks
that save your day

