

生冷食物要留神

小心飲食，就是邁向康復的第一步

Know Your High-risk Foods

People with weakened immunity* should avoid eating raw or undercooked foods to lower the risk of food poisoning or contracting superbugs

免疫力弱人士*應避免進食生或未熟的食物，以減低食物中毒或感染超級細菌風險



生或未熟的蛋
Raw or undercooked eggs



生乳芝士
Raw milk cheese



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



生及冷熏海鮮
Raw and cold smoked seafood



預先包裝沙律菜
Prepackaged salad greens

食安小貼士 Food safety tips

1 徹底煮熟

Cook thoroughly

包括生、加工及剩餘的食物

2 生熟分開

Separate raw and cooked foods

避免交叉污染

3 精明選擇

Choose wisely when eating out

出外用餐時查閱餐牌或詢問店員

例子	Examples
慢性肝病(肝硬化)	Chronic liver diseases (cirrhosis)
慢性腎病	Chronic kidney diseases
糖尿病	Diabetes
愛滋病毒感染	HIV infection
* 癌症	Malignancies
營養不良	Malnutrition
需長期服用類固醇	On long-term steroids
正接受抗生素治療	On antibiotics treatment
胃酸分泌減少 (如正服用胃藥)	Low gastric acid (e.g. on antacid)
接受器官移植	Organ transplant received
脾臟已切除	Spleen removed

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Handy kitchen
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