



Te Pou Oranga Kai O Aotearoa

Top tips for eating safely when you have **low immunity**



4 simple rules to keep food safe



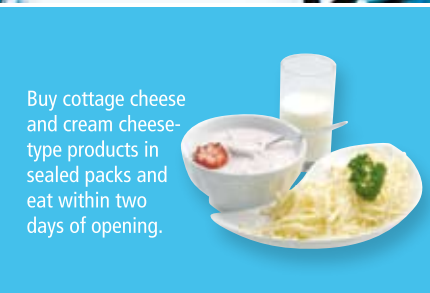
People with low immunity include: those having chemotherapy, the immuno-compromised, the pregnant, the very young, and the frail elderly



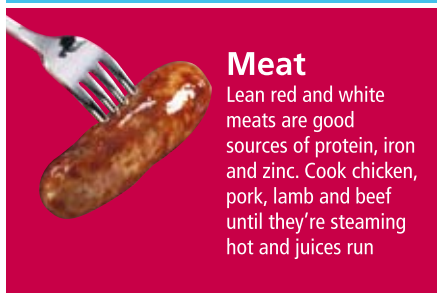
Water

Ensure the water you drink is treated or has been boiled. It must meet the New Zealand drinking water standard.

Milk and milk products
Only choose milk and milk products that have been made from heat-treated or pasteurised milk. Do not eat products made from raw, non-heat treated or unpasteurised milk. Soft cheeses (eg, mozzarella, camembert and brie) should be heated until steaming hot right through.

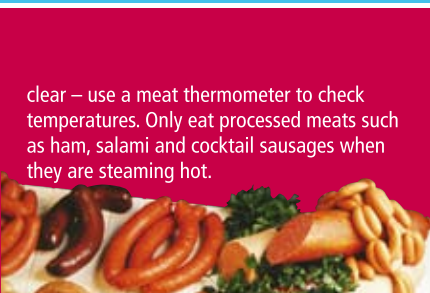


Buy cottage cheese and cream cheese-type products in sealed packs and eat within two days of opening.



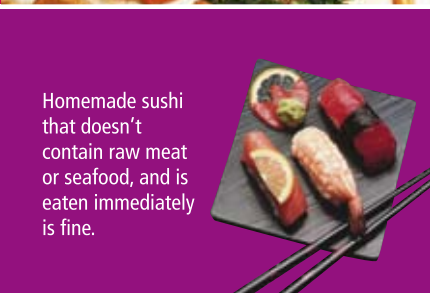
Meat

Lean red and white meats are good sources of protein, iron and zinc. Cook chicken, pork, lamb and beef until they're steaming hot and juices run



clear – use a meat thermometer to check temperatures. Only eat processed meats such as ham, salami and cocktail sausages when they are steaming hot.

Fish and sushi
Raw fish should be safe if it has been hygienically prepared, but all shellfish should be cooked. Smoked fish should only be eaten when it has been heated until steaming hot. Avoid buying ready-made sushi.



Homemade sushi that doesn't contain raw meat or seafood, and is eaten immediately is fine.

Vegetables and fruit
Wash and dry all fruit and vegetables thoroughly, and prepare salads just before eating. Avoid ready-made salads from delis and salad bars.



Eggs

Avoid undercooked eggs or foods which contain raw eggs such as home-made mayonnaise, egg-nog and smoothies

Leftovers
Cover leftovers and store them in the fridge for no longer than two days. Heat them until steaming hot before eating.



For more information

Contact your health professional, or NZFSA on freephone 0800 693 721
www.nzfsa.govt.nz

August 2007

