

食得咗 — 食得更安心

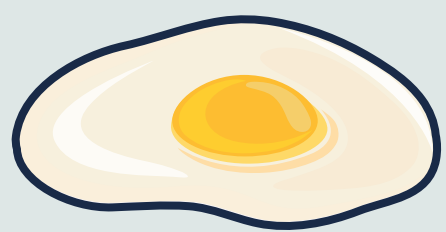
生冷食物 要留神

Know Your **High-risk Foods**

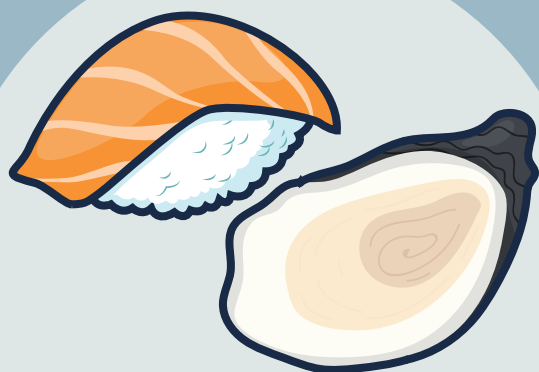


生或未熟的食物屬高風險食物

Raw or undercooked foods are high-risk foods



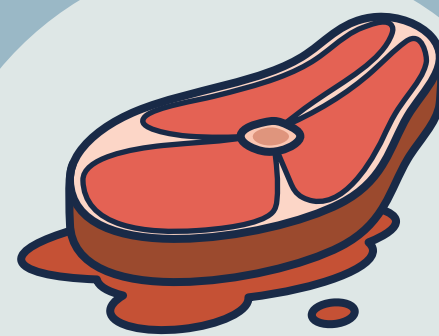
生或未熟的蛋
Raw or undercooked
eggs



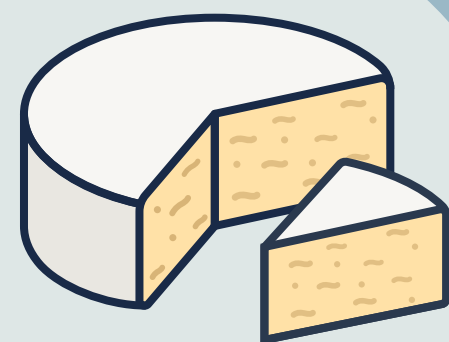
生及冷熏海鮮
Raw and cold
smoked seafood



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



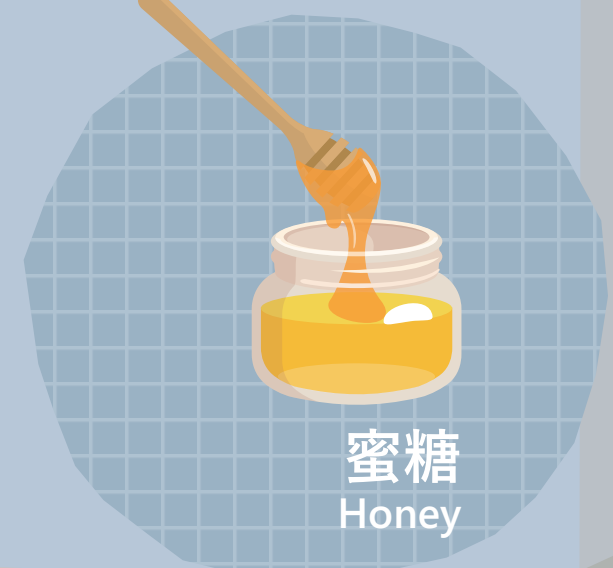
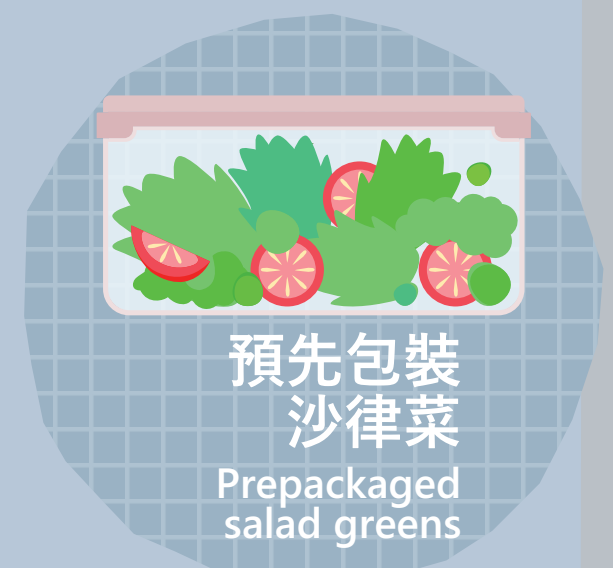
生冷食物

要畱神

Know Your High-risk Foods

嬰幼兒免疫系統尚在發育，
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

Infants and young children, with their immune systems still in development, should avoid eating raw or undercooked foods to reduce the risk of food poisoning or contracting superbugs



為孩子健康把關

To safeguard
your children's health

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



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
慢性肝病(肝硬化)
慢性腎病
糖尿病
愛滋病毒感染
* 癌症
營養不良
需長期服用類固醇
接受器官移植
脾臟已切除

Examples
Chronic liver diseases (cirrhosis)
Chronic kidney diseases
Diabetes
HIV infection
Malignancies
Malnutrition
On long-term steroids
Organ transplant received
Spleen removed

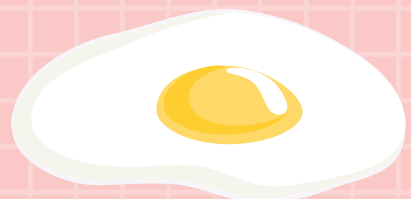
食安小隊教你
廚房小秘訣
Handy kitchen hacks



生冷食物 要留神 Know Your High-risk Foods

孕婦應避免進食生或未熟的食物，
以減低食物中毒或感染
有害病菌風險，例如可引致流產、
早產、嬰兒出生體重過輕甚或
夭折的李斯特菌

Pregnant women should avoid eating raw or undercooked foods to lower the risk of food poisoning or contracting harmful germs such as *Listeria* which may cause miscarriages, premature births, underweight births or even infant deaths



生或未熟的蛋
Raw or undercooked eggs



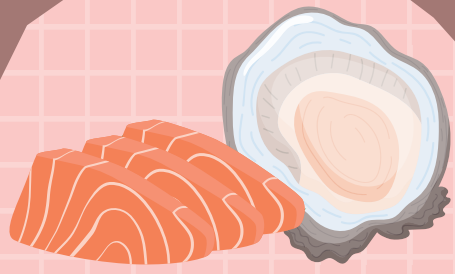
軟雪糕
Soft ice-cream



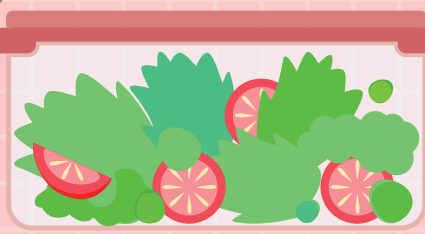
凍食肉類及生肉
Cold cuts and raw meat



生乳芝士
Raw milk cheese



生及冷熏海鮮
Raw and cold smoked seafood



預先包裝沙律菜
Prepackaged salad greens

為寶寶健康把關 To safeguard your baby's health

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
為準媽媽送上入廚小秘技
Kitchen hacks for
mums-to-be



唔熟唔食

ALWAYS

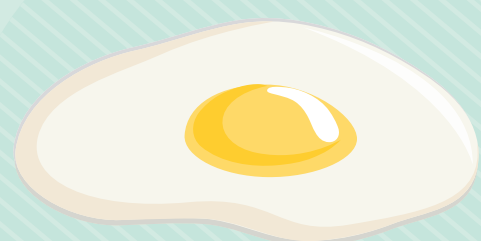
WELL

DONE

生冷食物要留神
避開中毒和惡菌

未熟干祈咪照吞
長者安康又放心

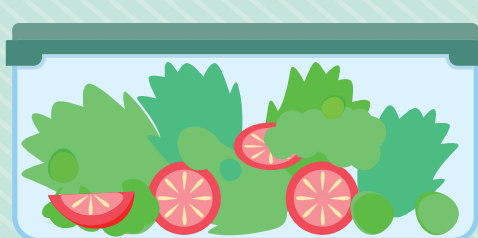
The elderly should avoid eating raw or undercooked foods to reduce the risk of food poisoning or contracting superbugs



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



忌

黏軟難嚼 不慎哽喉

Avoid sticky and difficult-to-chew foods to prevent choking



宜

徹底煮熟 生熟分開

Cook thoroughly
Separate raw and cooked foods



食安小隊分享
今晚食乜好

Scan for
great dinner ideas

