

FOOD TYPE		WHAT TO DO
BREADS AND CEREALS		
Breads	all types	OK to eat
Cakes, slices, muffins etc	<ul style="list-style-type: none"> plain with added cream or custard 	OK to eat Don't eat (unless cream is newly opened and custard is home-made and fresh)
Cereals	breakfast cereals, rice, pasta, etc	OK to eat – refer to dairy products below for advice on milk
DAIRY		
Cheese	<ul style="list-style-type: none"> soft unpasteurised (raw milk) cheese (e.g. Roquefort) 	Don't eat
	<ul style="list-style-type: none"> soft pasteurised cheese (e.g. brie, camembert, blue, ricotta, mozzarella, feta) 	Generally should not be eaten uncooked. However, OK to eat in small quantities if purchased in the manufacturer's original packaging and eaten immediately after opening. Do not reseal to eat later, and do not eat if cheese has been repackaged in a deli or supermarket as may have become contaminated
	<ul style="list-style-type: none"> hard cheese (e.g. cheddar, parmesan) 	OK to eat, store in fridge
	<ul style="list-style-type: none"> cottage cheese, cream cheese, etc 	Buy in sealed packs; eat cold or cooked within two days of opening pack
Butter	all types	Ok to eat, store in fridge
Cream	fresh, unwhipped or whipped, sour cream etc	Buy in sealed packs; eat within two days of opening pack
Custard	<ul style="list-style-type: none"> ready-made chilled (packaged) 	Eat within two days of opening
	<ul style="list-style-type: none"> home-made 	Eat hot immediately after cooking; reheat leftovers until piping hot (over 70°C) and eat immediately
Milk	<ul style="list-style-type: none"> pasteurised 	Drink or use within two days of opening
	<ul style="list-style-type: none"> unpasteurised (raw) 	Don't drink or use
Ice cream	<ul style="list-style-type: none"> packaged 	OK to eat
	<ul style="list-style-type: none"> soft serve 	Don't eat
Yoghurt	<ul style="list-style-type: none"> pasteurised 	Eat within two days of opening
	<ul style="list-style-type: none"> unpasteurised (raw) 	Don't eat
EGGS		
Raw eggs	in egg flips, eggnog, smoothies, home-made mayonnaise and dressings, home-made ice cream, mousse and tiramisu, etc	Don't eat
Cooked eggs	fried, scrambled, baked, poached, etc	Cook well (firm yolks, firm scrambled eggs)
MEAT AND POULTRY		
Cooked meats	beef, pork, chicken, mince, sausages, etc	Cook until piping hot throughout, and until juices run clear (use a meat thermometer to check temperatures); eat while hot; never eat rare or undercooked meats; store leftovers covered in fridge and eat within two days; reheat leftovers until piping hot (over 70°C)
Processed meats	ham, salami, luncheon, pâté, pastrami, biltong, or jerky (dried meat), etc	Don't eat unless heated until piping hot (over 70°C)
Cold cooked poultry	any cold pre-cooked poultry (e.g. chicken, turkey)	Don't eat unless heated until piping hot (over 70°C)
Raw meat	any raw meat, raw chicken or other poultry, beef, pork, etc	Don't eat or taste; don't touch face, mouth or eyes while preparing; wash and dry hands well after touching raw meat
SEAFOOD		
Raw fish	any raw fish (including marinated raw fish)	Don't eat
Raw shellfish	any raw shellfish (including marinated raw mussels)	Don't eat
Smoked fish, shellfish and crustacea	chilled, pre-cooked fish, mussels, oysters*, scallops*, salmon, crayfish, prawns, etc	Don't eat unless heated until piping hot (over 70°C)
VEGETABLES, SALADS AND FRUITS		
Fruit	all fresh fruits	Wash and dry well just before eating
Vegetables	<ul style="list-style-type: none"> all fresh vegetables 	Wash and dry well just before eating raw, or wash before cooking
	<ul style="list-style-type: none"> frozen vegetables 	Cook; don't eat uncooked frozen vegetables
Salads	<ul style="list-style-type: none"> ready-made salads and coleslaws from delis, salad bars, etc 	Don't eat
	<ul style="list-style-type: none"> home-made 	Wash salad ingredients well before using
Herbs	fresh home-grown and store-bought	Wash well before using
MISCELLANEOUS		
Leftovers	cooked foods	Store leftovers covered in fridge and eat within two days; reheat leftovers until piping hot (over 70°C); never eat cold leftovers
Canned foods	canned fruit, vegetables, fish, seafood, meat, sauces, etc	Remove from can for storage; store uneaten leftovers covered in fridge and eat within two days
Sauces, dressings and spreads	salad dressings (oil and vinegar), bought mayonnaise, tomato sauce, margarine-type spreads, etc	Store in fridge once opened; check maximum storage time
Sushi	<ul style="list-style-type: none"> store-bought (all types – even without raw seafood) 	Don't eat
	<ul style="list-style-type: none"> home-made 	Use freshly cooked rice, and don't use raw or cold cooked meat or seafood; eat immediately; don't eat leftovers
Stuffing	stuffing from chicken or turkey	Don't eat unless stuffing is cooked separately (in a dish); eat hot; store leftovers in fridge and eat within two days; reheat leftovers until piping hot (over 70°C)
Hummus and tahini	store-bought or home-made	Don't eat
Seaweed	<ul style="list-style-type: none"> Brown seaweed** (i.e. kelp, kombu, wakame, arame, quandai-cai, hiziki/hijiki, or Sargassum fusiforme) 	Limit to 1 serve per week
	<ul style="list-style-type: none"> Red or green seaweed (including nori and karengo) used in sushi and dulce 	Ok to eat, see advice on sushi

* Bluff and Pacific oysters and queen scallops contain more cadmium than other foods. We recommend you eat these shellfish only once per month during pregnancy.

**Brown seaweeds contain naturally very high iodine concentrations. Brown seaweeds are typically sold dry and are used in soups, stewed dishes, kelp salt and seaweed salads.

RECOMMENDED SERVINGS FOR FISH SPECIES TO MINIMISE MERCURY INTAKES
No restriction necessary Anchovy • Arrow squid • Barracouta • Blue cod • Brill/Turbot • Brown trout (except from Lake Ellesmere) • Cockles • Eel, long or short finned • Elephant fish • Flounders • Gurnard • Hoki • John Dory • Monkfish or stargazer • Mussels (green and blue) • Orange perch • Oysters (except Bluff and Pacific) • Parore • Scallops (except Queen) • Rainbow trout (only from non-geothermal regions) • Skipjack tuna (No data for yellowfin tuna) • Sole (except Lemon sole) • Southern blue whiting • Surf clams (e.g. tuatua) • Tarakihi • Toothfish, Antarctic • Warehouse (common, silver and white) • Whitebait (Inanga)
3 – 4 servings per week acceptable Albacore tuna • Alfonsino • Bass • Bluenose • Gemfish • Ghost sharks • Hake • Hapuka (Groper) • Javelin Fish • Kahawai • Kingfish • Lake Taupo trout • Leatherjacket • Lemon sole • Ling • Mackerel (blue and jack) • Orange Roughy • Oreo dories • Red cod • Ribaldo • Rig (Lemonfish, Spotted dogfish) • Rock Lobster • Salmon (farmed) • Sea perch • Silverside • Skate • Smooth oreo • Snapper • Sprats • Trevally
1 serving per 1 – 2 weeks acceptable Cardinal fish • Dogfish (excluding rig) • Lake Rotomahana trout • Lake trout from geothermal regions • School shark (Greyboy, Tope) • Marlin (striped) • Southern bluefin tuna • Swordfish

Restaurants and takeaways

When you eat out or buy takeaways, you should avoid the same high-risk foods you would avoid at home. Steaming hot food is your best choice. However, you have little control over the way food is prepared in restaurants and takeaways.

When eating in a restaurant or eating takeaway food:

- your food should be **well cooked** and prepared just before it is served to you
- eat food that is **steaming hot**
- avoid eating from buffets, smorgasbords, salad bars or from street vendors, as the risks are harder to manage.



Do not eat:

- raw eggs or foods containing raw eggs (such as mayonnaise, hollandaise sauce, Caesar dressing, some desserts)
- unwashed fruits and vegetables, raw sprouts, raw herbs
- pre-prepared cold foods such as salads, unrefrigerated sandwiches or sushi
- undercooked or raw meat, poultry or seafood
- cold meats, pâté or cold, smoked fish
- soft cheeses (unless cooked)
- soft-serve ice cream.

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DISCLAIMER
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