

LOW-MICROBIAL FOOD | TIPS & TRICKS



FRUITS AND VEGETABLES

- ✓ All fruits and vegetables except:
- ✗ Dried fruit
- ① **Wash fruits and vegetables thoroughly under running water**

CEREALS

- ✓ All cereal products except:
- ✗ Pastries with fresh pastry cream
- ✗ Muesli
- ① **Opt for bread from the baker or pre-packaged bread products from the supermarket**

FAT CONTENT

- ✓ All oils and fats

NUTS, SEEDS AND PITS

- ✓ Roasted
- ✗ Raw

FISH, MEAT AND EGGS

- ✓ Fish, meat and eggs, thoroughly cooked
- ✓ Thoroughly cooked shellfish
- ✗ Raw fish, raw meat and raw eggs
- ✗ Shellfish
- ✗ Raw meat and fish products
- ① **Opt for pre-packaged deli meats from the supermarket**

DAIRY

- ✓ Pasteurised dairy products
- ✗ Raw milk cheeses (see packaging)
- ✗ Dairy products with probiotics (e.g. Activia, Yakult, Actimel)
- ✗ Mould-ripened cheeses
- ① **Opt for pre-packaged cheeses from the supermarket**

SAUCES

- ✓ Industrial sauces
- ✗ Fresh sauces containing raw eggs
- ① **Opt for squeeze bottles**

FLAVOURINGS

- ✓ All herbs
- ✗ Fresh, unheated garden herbs
- ✗ Honey
- ① **Pepper must be heated during cooking and should not be added afterwards**

DRINKS

- ✓ All drinks except:
- ✗ Grapefruit juice
- ✗ Tap water in the hospital
- ✗ Filtered tap water (e.g. SodaStream, Brita)
- ① **Tap water at home is fine**

TAKE-AWAY MEALS

- ✓ Chips from the chip shop
- ✗ Other takeaways (e.g. Chinese, pita, pizza)
- ① **Deep-frozen fried snacks are fine when cooked directly from the freezer, but not when taken from the counter**

KITCHEN TIPS

- Once opened, a package can be kept for up to 48 hours (2 days)
- Leftovers can be served, but should be reheated thoroughly no more than once
- Wash your hands with soap before, during and after cooking
- Avoid using wooden spoons or chopping boards
- Wash chopping boards before using them to cut any food
- Use plates and cutlery that are free from damage



MORE INFO
Brochure low-microbial food