

# Food safety & managing the risk of infection



The risk of infection is high after a kidney transplant because of anti-rejection medications which lower immunity. To reduce your chances of getting a food-borne infection, it is important to avoid high risk foods and use good food hygiene practices for the lifetime of your transplant. The information below is based on the food safety guidelines produced by Food Standards Australia and New Zealand.

## High risk foods to avoid

Salads	Pre-prepared or pre-packaged fruit or vegetable salads, eg, from delicatessens, salad bars, smorgasbords, retail outlets
Chilled seafood	Raw or marinated fish, oysters, sashimi, mussels, sushi or smoked fish
Prawns	pre-cooked peeled prawns, eg, in prawn cocktails, sandwich fillings and prawn salads
Cheese	Pre-packaged and delicatessen soft, semi soft and surface ripened cheeses, eg, brie, camembert, ricotta, feta and blue
Ice cream	Soft serve
Other dairy products	Unpasteurised dairy products, eg, raw goats milk, cheese or yoghurt made from raw milk (Note: all shop-bought products are pasteurised and are therefore safe to eat/drink, as long as they are stored appropriately).
Cold ready to eat meats	Cooked or uncooked, packaged or unpackaged, eg, roast beef, ham, cold cooked chicken (purchased whole, portions, sliced or diced)
Pate	Refrigerated pate, liverwurst or meat spreads
Raw eggs	In smoothies, home-made mayonnaise and dressings

## Good food hygiene

### Keep everything clean

Wash and dry your hands well before and during food preparation. Keep all surfaces, utensils and equipment used for preparing food clean. Keep kitchen areas free from insects and other animals.

### Separate raw and cooked food

Keep raw meat, chicken, fish and seafood covered and separate from other food in the fridge. Use separate equipment and utensils for handling raw meats and prepared foods.

### Cook food thoroughly

Cook food thoroughly, particularly chicken, rolled and stuffed meats, sausages and minced meat. Food should reach 75°C to kill germs so bring liquids, eg, soups and stews, to boiling point. When cooking meat make sure meat juices run clear. Reheat food until steaming hot.

### Keep food at a safe temperature

Do not leave cooked food at room temperature for more than 2 hours. Refrigerate cooked and perishable food at below 5°C. Do not thaw frozen food at room temperature – thaw in the refrigerator. Keep cooked food piping hot (more than 60°C) prior to serving.

### Use clean water and safe ingredients

Use clean water. Wash fruit and vegetables, especially if eaten raw. Do not use food past its expiry date.

**Eating out?** Ask for food to be cooked thoroughly and do not purchase foods when foods or ingredients have been sitting for an unknown time period.

**Remember the 4 simple rules to keep your food safe:**

**Clean, Cook, Cover and Chill**

This fact sheet is based on the *Evidence-based Guidelines for the Nutritional Management of Adult Kidney Transplant Recipients*, developed with funding from the NSW Agency for Clinical Innovation (formerly GMCT). The information has been independently reviewed by the Dietitians Association of Australia. For expert nutrition and dietary advice contact an Accredited Practising Dietitian. Visit 'Find an Accredited Practising Dietitian' at [www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942.