

Heartily recommended : Columbus healthier eggs : how are Columbus eggs healthier than ordinary eggs / Deans Farm Ltd.

Contributors

Deans Farm.

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**Food safety
measures
for eggs and
foods
containing
eggs**



RECOMMENDATIONS TO PROFESSIONAL AND DOMESTIC FOOD HANDLERS

*Eggs and egg dishes are nutritious foods.
But – if improperly handled – they can also be a source of
foodborne disease. Following these precautions
will help ensure that eggs and egg dishes
are safe as well as nutritious.*

- **STORE SHELL EGGS** under refrigeration (<10 °C).
- **IF AVAILABLE**, eggs already processed for safety (pasteurized eggs) should be chosen. Dried egg powder is less likely to be contaminated, provided it is stored properly and handled carefully after reconstitution.
- **EGGS** that have not been processed for safety need to be cooked until all parts reach a minimum temperature of 70 °C. Both the yolk and the white should be firm. This recommendation is particularly important when foods are prepared for vulnerable groups, such as the elderly, infants and young children, pregnant women, and persons with suppressed immune systems.

Remember . . .

- *Scrambled and fried eggs* need to be cooked in small batches until they are firm (not runny) throughout.
- *Boiled eggs*, depending on their initial size and temperature, may require a minimum boiling period of 7 to 9 minutes to ensure that the yolk becomes firm.





- **DISHES** made with raw eggs should also be well cooked. Leftovers and foods prepared in advance should be kept at refrigeration temperature ($<10^{\circ}\text{C}$) or kept hot at temperatures near or above 60°C .
- **STORED FOOD** containing eggs needs to be thoroughly reheated. Again, this means that all parts of the food must reach a minimum temperature of 70°C .
- **AVOID** cross-contamination between raw eggs and other food. Surfaces which have been in contact with raw eggs, as well as the utensils used for their preparation, should be carefully washed.
- **HANDS** also need frequent and careful washing: before preparing food, after handling shell eggs and other foods that may be contaminated, and after every interruption in food preparation, particularly after having used the toilet.
- **AS A GENERAL RULE**, shell eggs should not be washed. If eggs are soiled with faecal matter or blood and thus must be washed or cleaned, they should be used immediately.
- **CRACKED EGGS** are more likely to be contaminated and thus present a higher health risk. Strict adherence to the above precautions is of particular importance.

RECOMMENDATIONS TO CONSUMERS

CONSUMERS (including travellers) should avoid eating raw eggs or uncooked foods made with raw eggs. Undercooked eggs and dishes containing undercooked eggs may also be dangerous. Examples of such foods include mayonnaise, hollandaise sauce, ice creams, and desserts such as mousses, particularly if they are home-made and prepared with unpasteurized eggs.

VULNERABLE GROUPS, such as the elderly, infants and young children, pregnant women, and persons with suppressed immune systems, are more susceptible to infections, including salmonellosis, and may suffer more severely from them. They should be particularly vigilant in avoiding any dish containing raw or undercooked eggs.



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