

The background features a light purple-to-blue gradient. Numerous realistic water droplets of various sizes are scattered across the frame, with some in the top-left and bottom-right corners. A faint, light-colored circular graphic is centered in the upper half of the image.

# EATING AFTER YOUR TRANSPLANT

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SENIOR SPECIALIST DIETITIAN (LIVER)

# LIVER DIETITIANS: TEAM UPDATE



# FOOD HYGIENE: MEAT & POULTRY

## HIGH RISK FOODS

- RAW OR UNDERCOOKED MEAT AND POULTRY.
- BARBECUED MEAT REPRESENTS A PARTICULARLY HIGH RISK AND IS BEST AVOIDED ALTOGETHER.
- COOKED MEAT FROM THE DELI COUNTER
- SALAMI
- PATE

## LOWER RISK FOODS

- WELL COOKED MEAT AND POULTRY. JUICES MUST RUN CLEAR AND NO PINK SHOWING.
- WELL COOKED SAUSAGES AND BURGERS COOKED IN AN OVEN OR GRILL.
- HOT DOGS SAUSAGES RE-HEATED THOROUGHLY.
- VACUUM PACKED SLICED MEAT, CHECK USE BY DATES AND EAT WITHIN MANUFACTURERS GUIDELINES ONCE OPENED.
- TINNED MEAT/TINNED PASTE. ONCE OPENED TRANSFER TO AN AIRTIGHT CONTAINER, LABEL, DATE AND KEEP IN THE FRIDGE. EAT WITHIN THE MANUFACTURERS GUIDELINES.

# FOOD HYGIENE: FISH

## HIGH RISK FOODS

- SHELLFISH E.G. PRAWNS, MUSSELS AND ANY PRODUCTS CONTAINING THEM.
- FISH PATE
- RAW FISH E.G. SASHIMI
  
- SMOKED FISH E.G. SALMON
- VACUUM PACKED FISH

## LOWER RISK FOODS

- FRESHLY COOKED FISH, FISHCAKES, FISH-FINGERS.
- TINNED FISH, TINNED PASTE
  
- COOKED DISHES CONTAINING SMOKED FISH
- FROZEN FISH THOROUGHLY DEFROSTED AND WELL COOKED.



# FOOD HYGIENE: DAIRY PRODUCTS

## HIGH RISK FOODS

- UNPASTEURISED MILK & CREAM
- SOFT CHEESES E.G. BRIE, CAMEMBERT.
- UNPASTEURISED CHEESE - FETA, PARMESAN, GOAT'S CHEESE.
- BLUE VEINED CHEESE E.G. STILTON, DANISH BLUE.
- SALAD DRESSINGS CONTAINING BLUE CHEESE
- YOGHURT WHICH IS DESCRIBED ON THE LABEL AS BIO OR PROBIOTIC\*.
- PROBIOTIC OR "BIO" FOODS, DRINKS OR SUPPLEMENTS E.G. YAKULT, ACTIMEL, PROVIVA.
- SOFT WHIP ICE CREAM FROM ICE CREAM VANS AND ICE CREAM MACHINES

## LOWER RISK FOODS

- PASTEURISED MILK & CREAM , UHT MILK, STERILISED MILK., STERILISED, UHT OR SQUIRTY CREAM
- CREAM CHEESE E.G. PHILADELPHIA
- PASTEURISED CHEESE E.G. PARMESAN, MOZZARELLA
- VACUUM PACKED HARD CHEESE E.G. CHEDDAR, EDAM, RED LEICESTER.
- PROCESSED CHEESE E.G. KRAFT SLICES, DAIRYLEA TRIANGLES, CHEESE STRINGS.
- ANY YOGHURT THAT DOES NOT DESCRIBE ITSELF AS BIO OR PROBIOTIC INCLUDING LIVE, PLAIN, GREEK AND FRUIT YOGHURTS.
- WRAPPED INDIVIDUAL ICE CREAM OR LOLLIES OR SMALL INDIVIDUAL TUBS OF ICE CREAM WHERE POSSIBLE.

# FOOD HYGIENE: EGGS

USE ONLY LION BRANDED EGGS OR THOSE BOUGHT FROM A FARMER WHO HAS A CERTIFICATE TO SHOW THE HENS ARE SALMONELLA FREE.

## HIGH RISK FOODS

- UNDERCOOKED OR RAW EGGS
- PRODUCTS CONTAINING RAW EGG E.G. SOUFFLÉ, HOMEMADE MAYONNAISE, MOUSSE.
- ANY DRESSING CONTAINING RAW EGGS E.G. HOME/RESTAURANT MADE CAESAR SALAD DRESSING

## LOWER RISK FOODS

- HARD BOILED EGGS, FIRM COOKED SCRAMBLED EGG OR OMELETTES
- WELL COOKED MERINGUE
- BAKED SHOP BOUGHT PRODUCTS MADE WITH EGGS.
- MAYONNAISE (MOST BOTTLED MAYONNAISE IS SAFE AS IT IS GENERALLY MADE USING DRIED EGG POWDER OR PASTEURISED EGGS)

# FOOD HYGIENE: SALAD, FRUIT AND VEGETABLES

## HIGH RISK FOODS

- AVOID PRE PACKED SALADS/ DELI COUNTER SALADS
- AVOID PRE PACKED CHOPPED FRUIT AND VEGETABLES
- AVOID DAMAGED OR BRUISED FRUIT
- AVOID RICE SALADS
- RAW SPROUTED SEEDS I.E. ALFALFA, BEAN
- UNWASHED OR UNPEELED RAW FRUIT AND VEGETABLES
- UNPASTEURISED FRUIT JUICE OR SMOOTHIES

## LOWER RISK FOODS

- ALL OTHER SALAD VEGETABLES ARE SAFE TO EAT AS LONG AS THEY ARE WELL WASHED
- PEEL FRUIT OR VEGETABLES WHERE POSSIBLE
- BUY BAGS OF FRUIT E.G. APPLES AS THESE WONT HAVE BEEN HANDLED AS MUCH
- THOROUGHLY COOKED SPROUTED SEEDS
- WASH WELL ALL FRUIT AND VEGETABLES IN FRESHLY RUN WATER.
- PASTEURISED FRUIT JUICE OR SMOOTHIES

# FOOD HYGIENE: WATER

## HIGH RISK FOODS

- AVOID STILL BOTTLED MINERAL WATER
- UN BOILED WATER THAT IS NOT FROM LOCAL AUTHORITY SUPPLY

## LOWER RISK FOODS

- CARBONATED BOTTLED WATER
- IF YOU DRINK WATER FROM A BOREHOLE OR PRIVATE WATER SUPPLY THIS MUST BE BOILED PRIOR TO DRINKING.
- \*LISTEN TO ANY ADVICE FROM HEALTH/LOCAL AUTHORITY RE: NEEDING TO BOIL YOUR WATER SUPPLY. ENSURE YOU RUN YOUR WATER FOR A COUPLE OF MINUTES FIRST AND THAT IT IS A TAP THAT IS REGULARLY USED



ANY QUESTIONS

