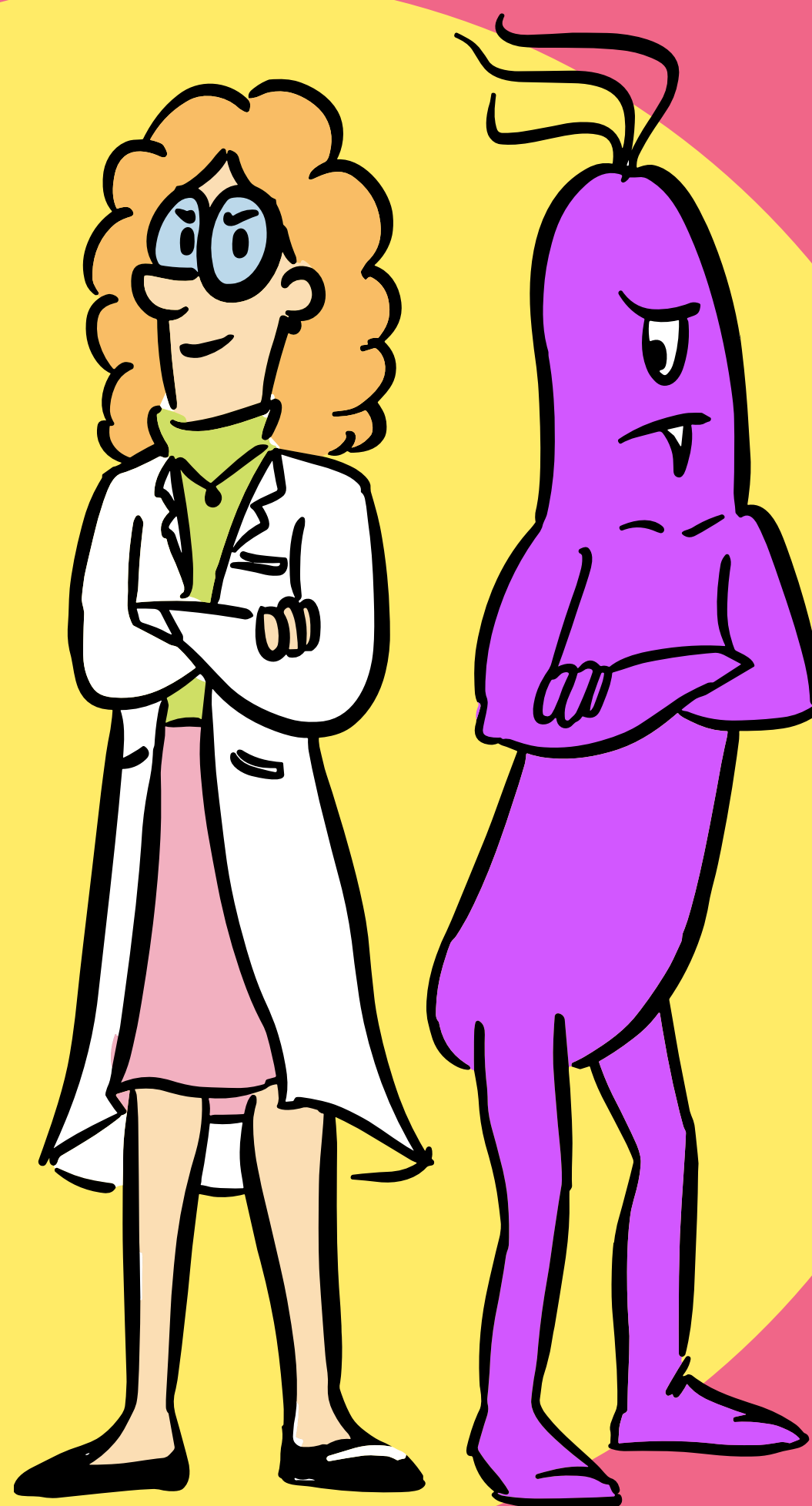


RAW FOOD

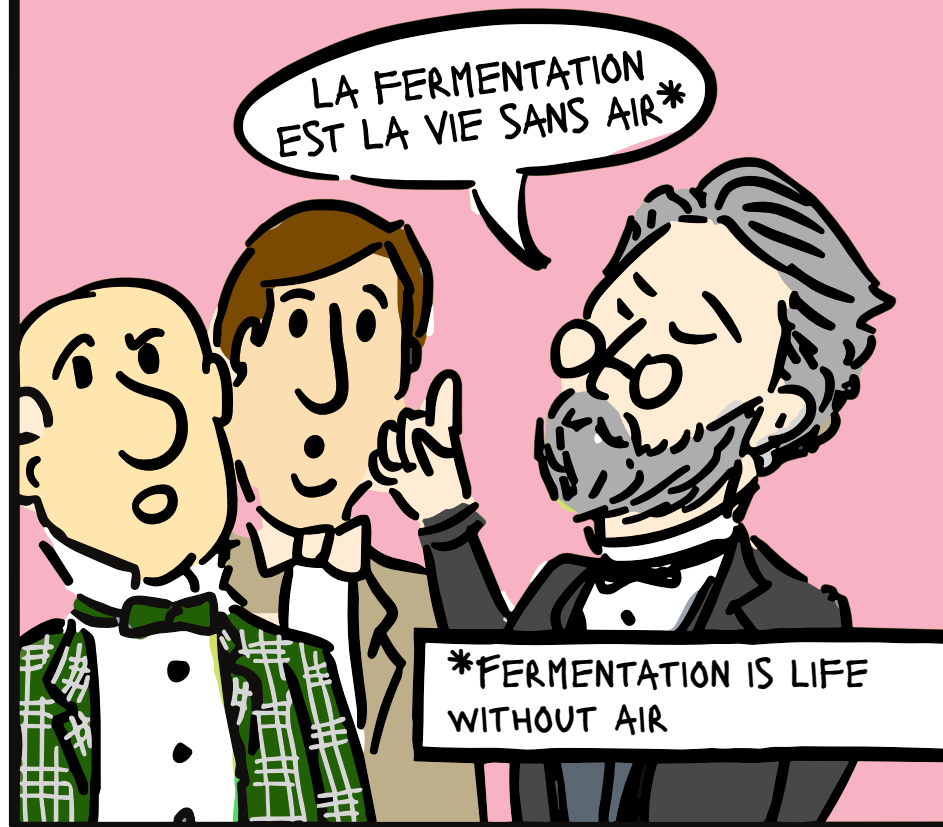
WHAT DOES
SCIENCE SAY?
THE BFR SCIENCE COMIC



THE FRENCH CHEMIST LOUIS PASTEUR INVESTIGATED THE FERMENTATION PROCESS IN 1861 AND DISCOVERED THAT...



... MICROORGANISMS CAUSE FOOD SPOILAGE AND ALSO TRIGGER INFECTIONS AND DISEASES.



LA FERMENTATION EST LA VIE SANS AIR*

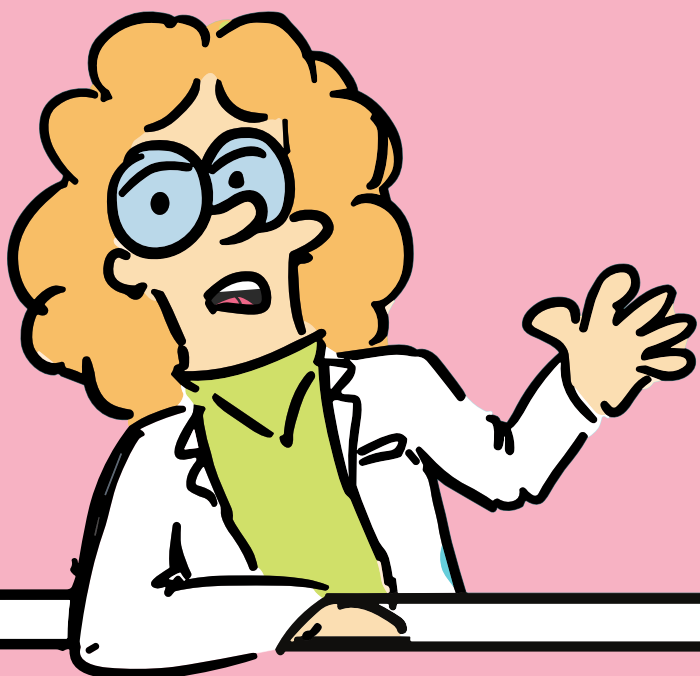
*FERMENTATION IS LIFE WITHOUT AIR

BASED ON PASTEUR'S 'GERM THEORY', METHODS WERE DEVELOPED TO REDUCE DISEASE-CAUSING MICROORGANISMS IN FOOD. ONE WAS NAMED AFTER HIM;

PASTEURISATION*



*HEATING FOOD FOR A SHORT TIME KILLS MANY MICROORGANISMS AND PATHOGENS - THEREFORE, THE FOOD HAS A LONGER SHELF LIFE.



RAW FOOD IS CONSIDERED HEALTHY BY MANY!

THE CONSUMPTION OF RAW ANIMAL-BASED FOODS, BUT ALSO FRUIT AND VEGETABLES, CAN LEAD TO INFECTIONS.

THE CAUSE; PATHOGENS SUCH AS SALMONELLA, LISTERIA, CAMPYLOBACTER AND VIRUSES

IS THAT REALLY TRUE?

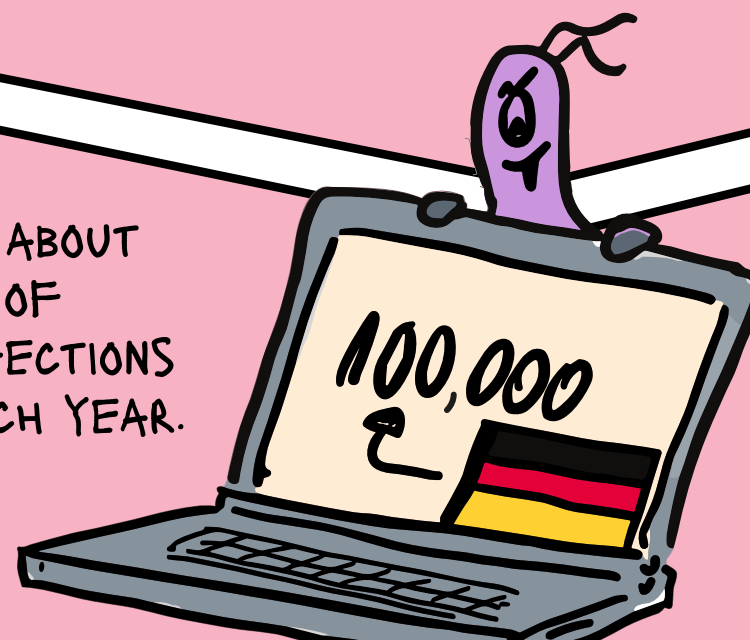
WHAT DOES SCIENCE SAY?

IF THESE FOODS ARE +++ EATEN (ALMOST) RAW +++ NOT COOLED SUFFICIENTLY +++ OR IF PATHOGENS ARE TRANSFERRED TO OTHER READY-TO-EAT PRODUCTS DURING PREPARATION +++ FOOD-BORNE INFECTIONS CAN OCCUR.

BUT PATHOGENS ARE ONLY KILLED WHEN FOOD IS HEATED SUFFICIENTLY.



IN GERMANY, ABOUT 100,000 CASES OF FOOD-BORNE INFECTIONS ARE REPORTED EACH YEAR.



THE NUMBER OF UNREPORTED CASES IS PROBABLY MUCH HIGHER.

SOURCE:
1,004 RESPONDENTS,
BFR CONSUMER MONITOR 2023,
SPECIAL RAW FOOD

+++ FOOD HABITS +++

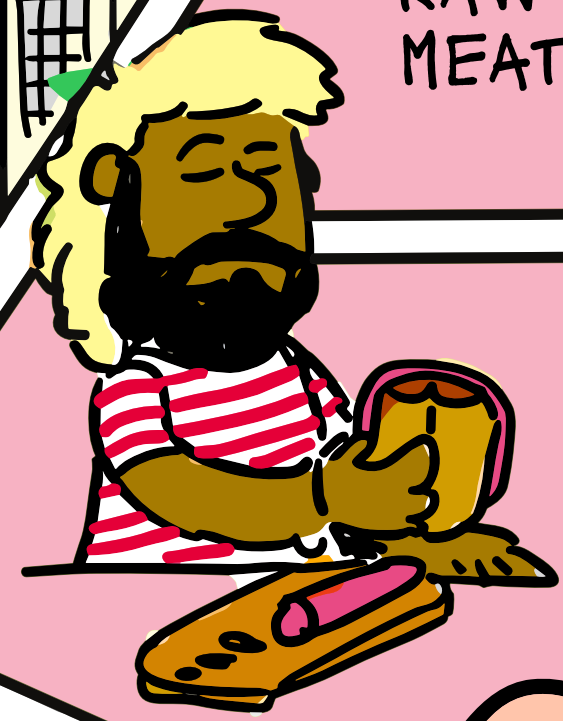
PROPORTION OF THE POPULATION THAT CONSUMES
RAW OR UNHEATED FOOD AT LEAST ONCE A
MONTH.



38%
RAW
MEAT



73%
RAW SAUSAGE
OR RAW HAM

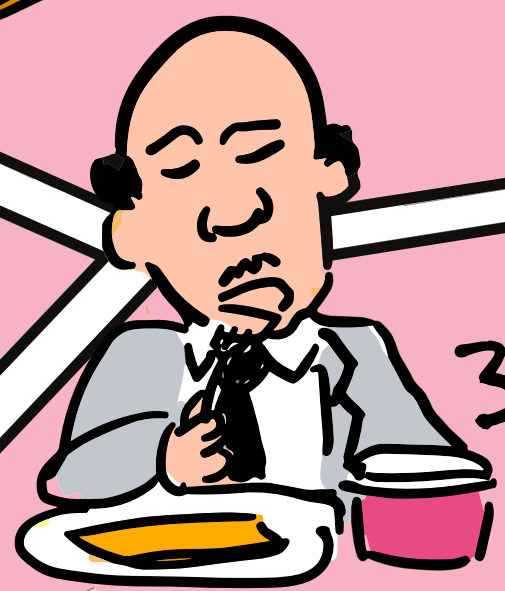


57%
RAW MILK SOFT
CHEESE

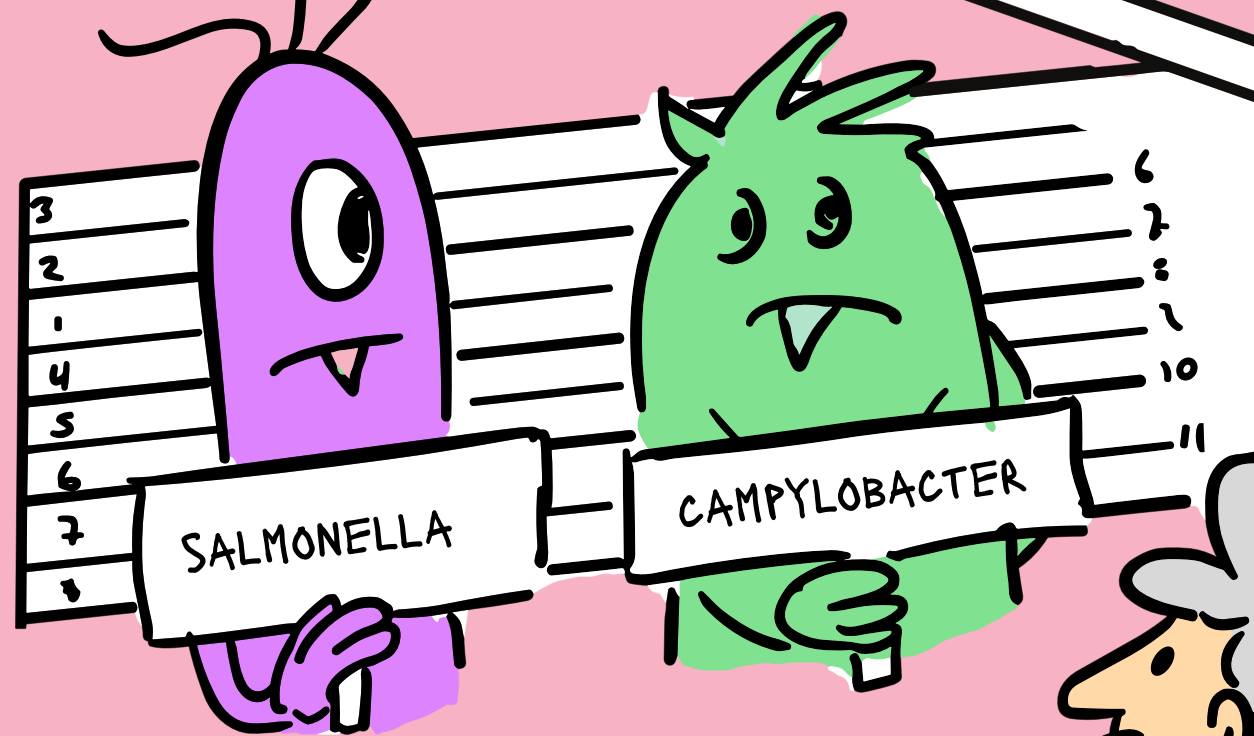


33%

FROZEN BERRIES
AS WELL AS
COLD-SMOKED FISH



PATHOGEN AWARENESS



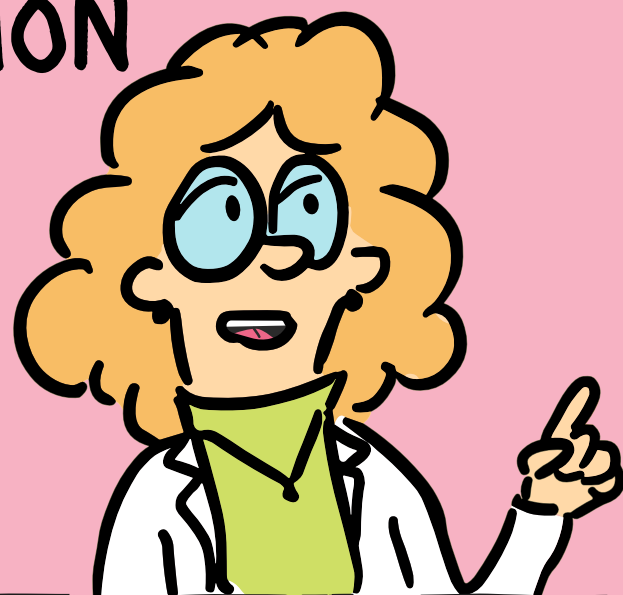
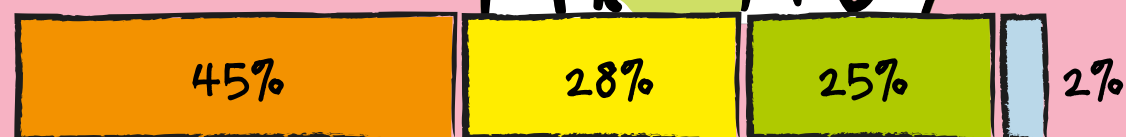
98% KNOW ABOUT SALMONELLA



23%
ARE FAMILIAR WITH CAMPYLOBACTER, THE
CAUSATIVE AGENT OF THE MOST FREQUENTLY
REPORTED BACTERIAL FOOD-BORNE INFECTION
IN GERMANY AND EUROPE

RISK PERCEPTION

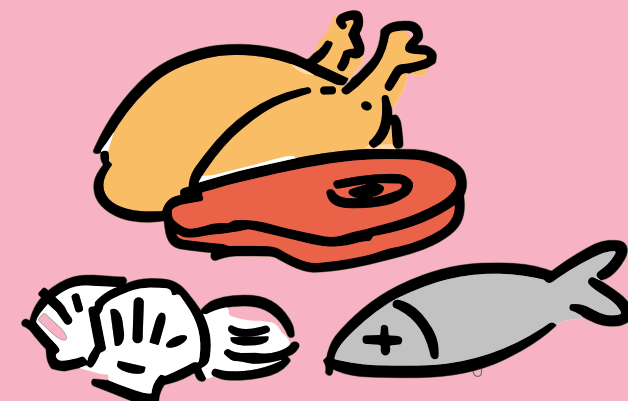
"HOW DO YOU RATE THE HEALTH RISK OF EATING THE FOLLOWING FOODS?"



45%

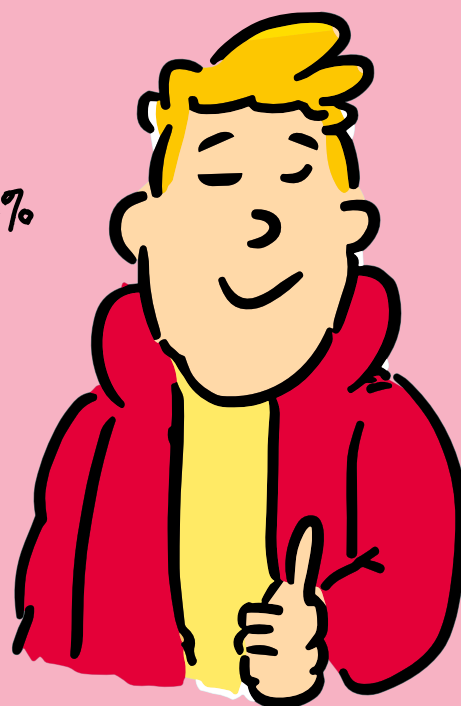
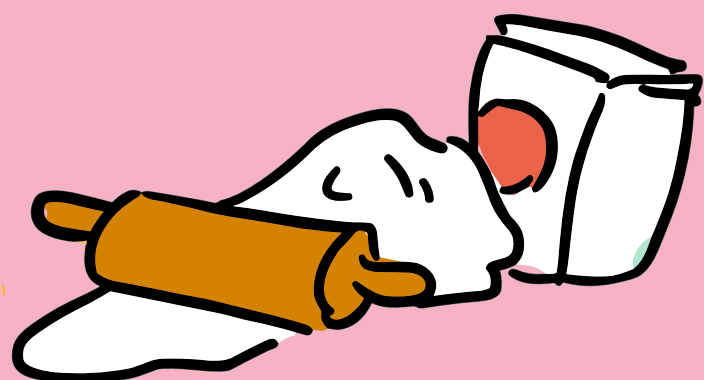
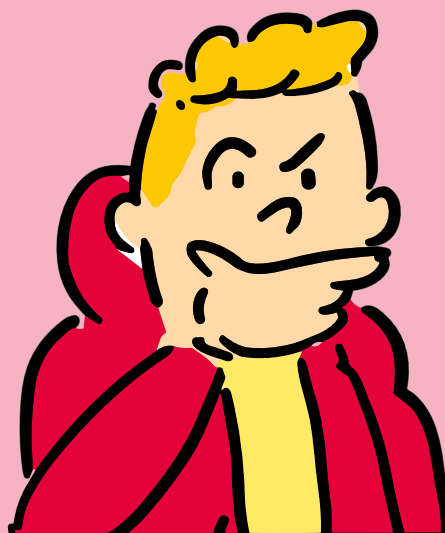
SEE A (VERY) HIGH RISK IN EATING RAW FISH AND SEAFOOD.

RAW MEAT AND RAW EGGS ARE CONSIDERED TO BE SIMILARLY RISKY (42%).



79% ASSOCIATE FROZEN BERRIES WITH A (VERY) LOW RISK TO THEIR HEALTH.

+++ FRUIT AND VEGETABLES CONTAIN VALUABLE NUTRIENTS. HOWEVER, ON THE WAY FROM FARM TO FORK, THEY CAN BECOME CONTAMINATED WITH PATHOGENS.



57%

SEE A LOW RISK IN EATING RAW SWEET DOUGH WITHOUT EGGS

+++ ALTHOUGH IT MIGHT BE TEMPTING, WHEN PREPARING DOUGH, WITH OR WITHOUT EGGS, YOU SHOULDN'T TASTE THE RAW MIXTURE.

THE REASON IS THE POSSIBLE PRESENCE OF EHEC/STEC BACTERIA IN THE FLOUR! EGGS MAY CONTAIN SALMONELLA.

SOURCE:
1,004 RESPONDENTS,
BFR CONSUMER MONITOR 2023,
SPECIAL RAW FOOD

(VERY) HIGH
 MEDIUM
 (VERY) LOW
 NOT SPECIFIED

THE PRINCIPLES OF FOOD HYGIENE

WASH HANDS

WASH YOUR HANDS THOROUGHLY WITH SOAP AND DRY THEM BEFORE PREPARING FOOD.

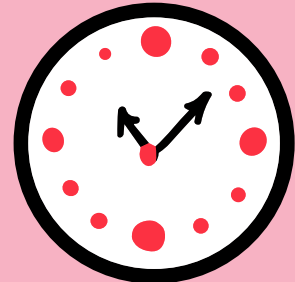
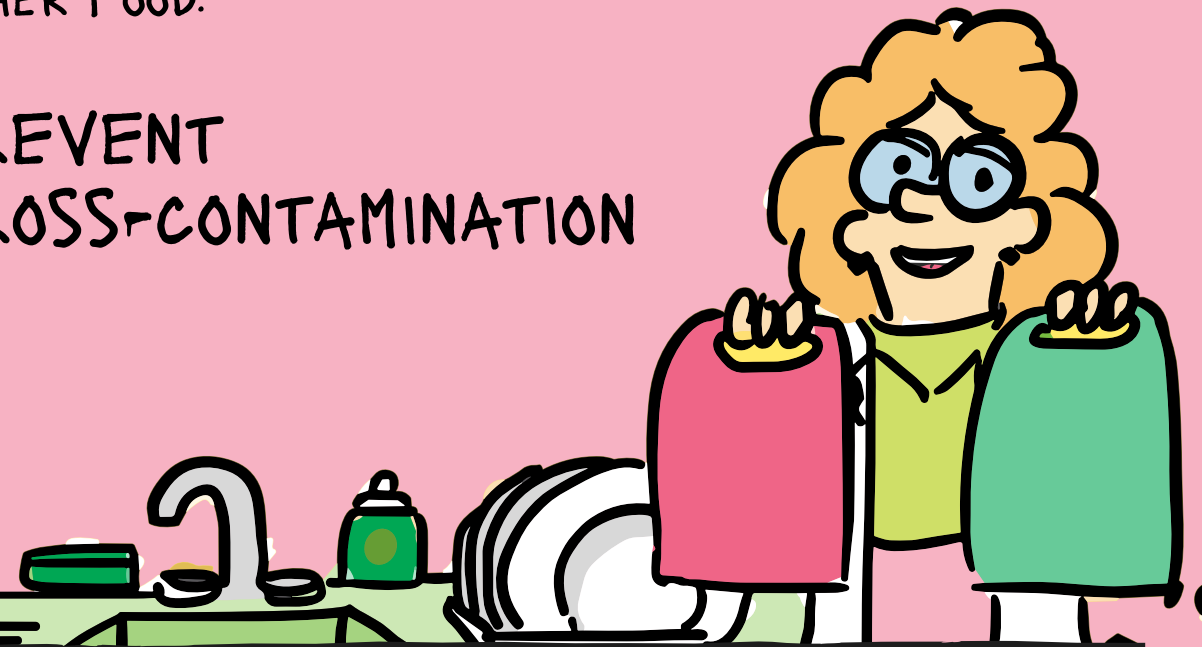


THIS RECOMMENDATION ALSO APPLIES BETWEEN INDIVIDUAL WORK STEPS IF YOUR HANDS COME INTO CONTACT WITH RAW FOOD.

OBSERVE KITCHEN HYGIENE RULES SO THAT PATHOGENS FROM RAW FOOD ARE NOT TRANSFERRED TO OTHER FOOD.

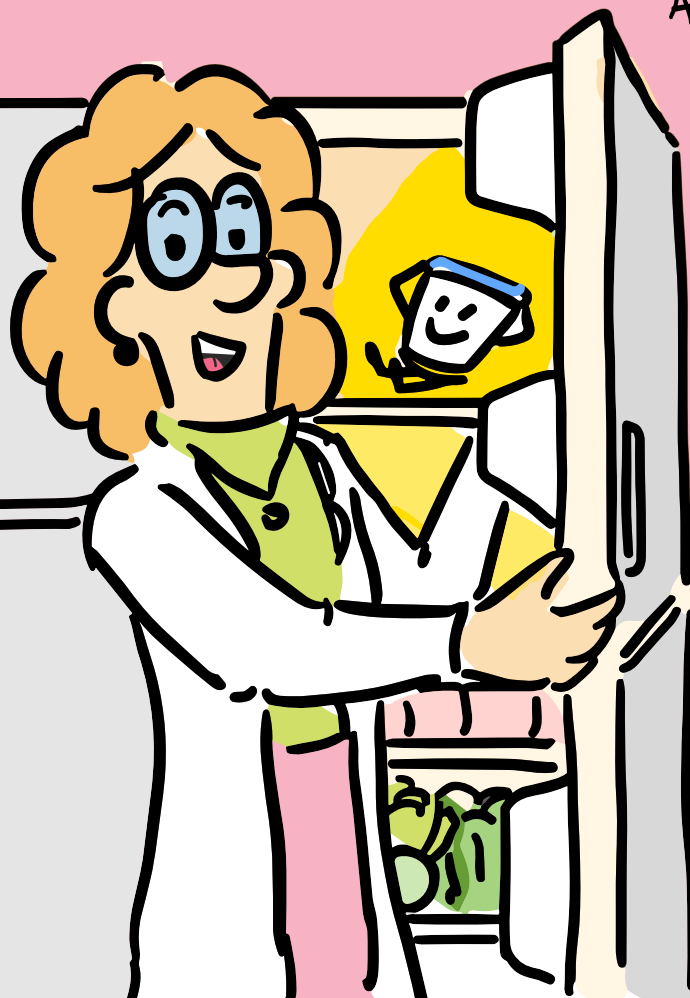
PREVENT CROSS-CONTAMINATION

TO PROTECT AGAINST CROSS-CONTAMINATION, ONLY THOROUGHLY CLEANED KITCHEN UTENSILS, SUCH AS CHOPPING BOARDS AND CUTLERY, SHOULD BE USED FOR FOOD THAT IS NOT REHEATED BEFORE CONSUMPTION.



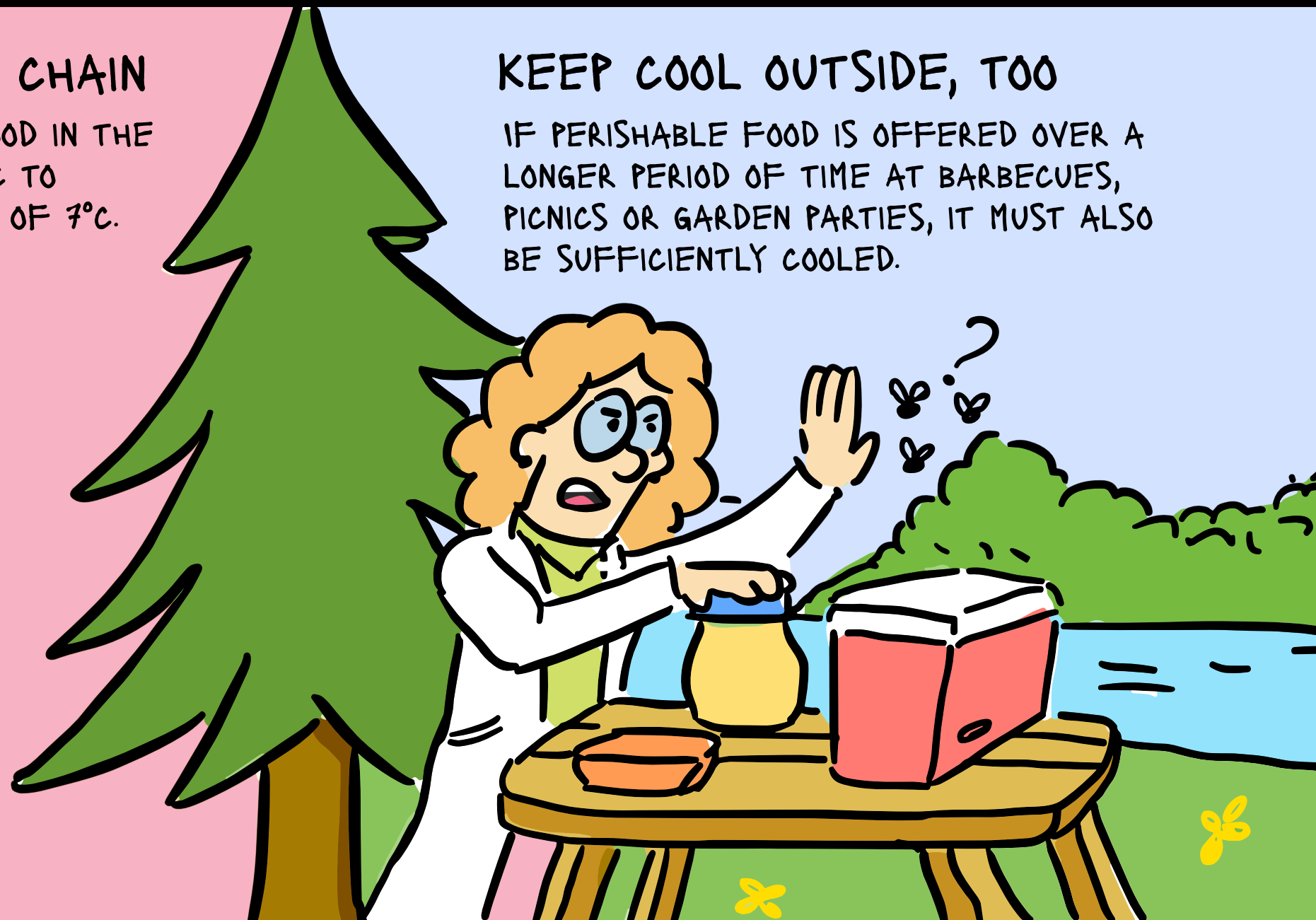
MAINTAIN COLD CHAIN

STORE PERISHABLE FOOD IN THE REFRIGERATOR AT 2°C TO A MAXIMUM OF 7°C.



KEEP COOL OUTSIDE, TOO

IF PERISHABLE FOOD IS OFFERED OVER A LONGER PERIOD OF TIME AT BARBECUES, PICNICS OR GARDEN PARTIES, IT MUST ALSO BE SUFFICIENTLY COOLED.



HEAT FOOD

HEAT RAW ANIMAL-BASED FOOD BEFORE CONSUMPTION SO THAT ALL PARTS OF THE PRODUCT REACH AT LEAST 70°C FOR 2 MINUTES.

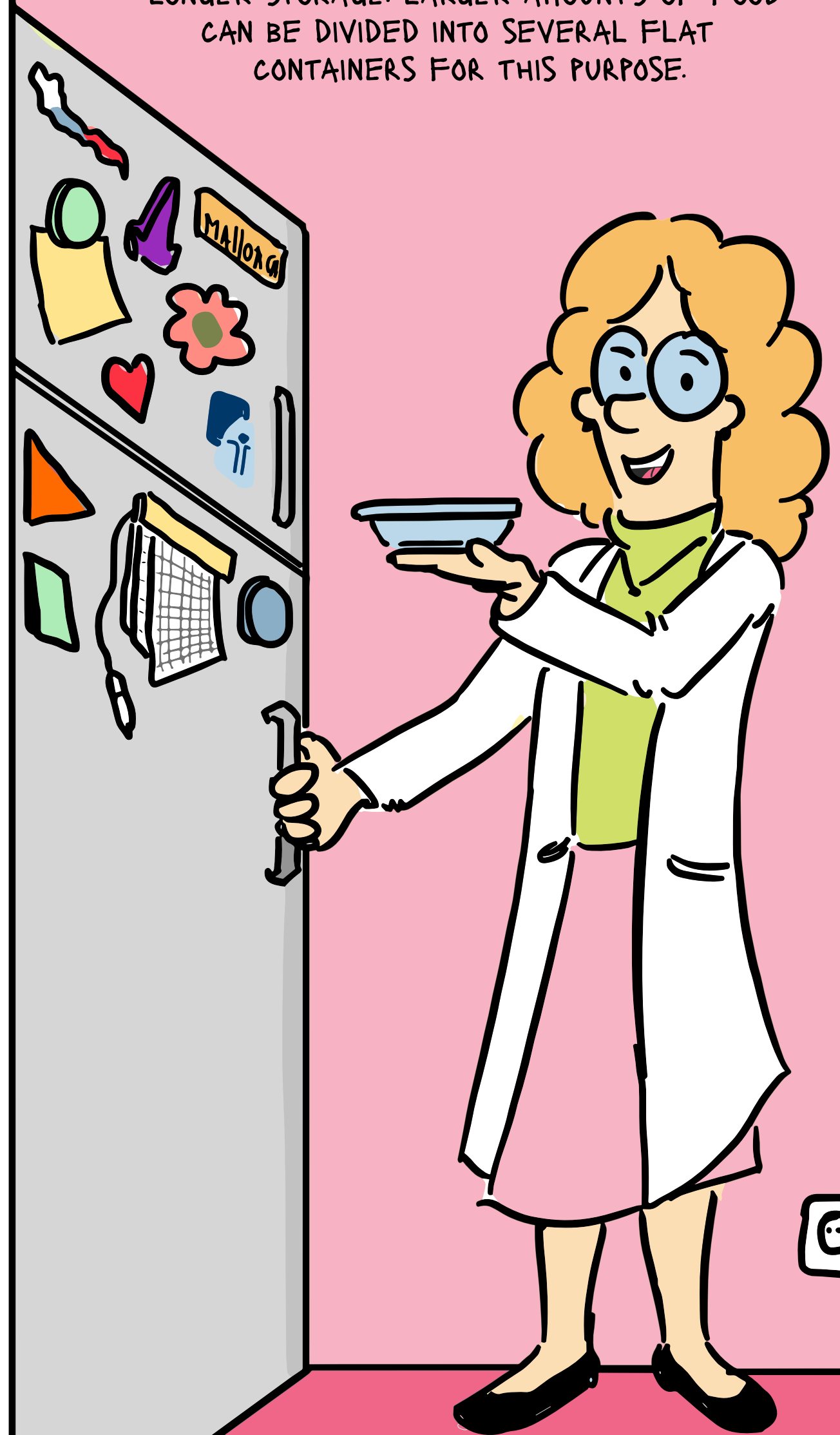


KEEP WARM FOODS WARM

WARM FOODS SHOULD BE KEPT SUFFICIENTLY HOT (AT LEAST 60°C IN ALL PARTS OF THE FOOD) OR ...

COOL FOOD

... COOLED TO BELOW 7°C WITHIN A FEW HOURS FOR LONGER STORAGE. LARGER AMOUNTS OF FOOD CAN BE DIVIDED INTO SEVERAL FLAT CONTAINERS FOR THIS PURPOSE.



This text version is a translation of the original German text which is the only legally binding version.

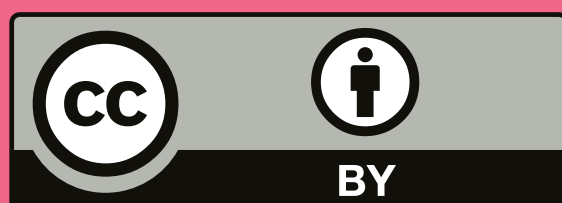


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