

SEAFOOD FOOD SAFETY



FOODBORNE ILLNESS

When it comes to seafood safety, consumers should focus on limiting exposure to bacteria that grow when seafood isn't stored and cooked properly. When seafood is properly handled and cooked, the risks from pathogens are minimal. Poor handling practices, cross-contamination, and lack of proper temperature control can lead to foodborne illness.



PROPER HANDLING REDUCES RISK OF FOODBORNE ILLNESS:

- Refrigerate seafood below 40°F until ready for use.
- Separate cooked and raw seafoods and wash utensils before re-using to avoid cross-contamination.
- Wash hands before and after handling any raw or cooked seafood.
- Cook seafood to an internal temperature of 145°F for at least 15 seconds.
- Properly cooked seafood should be moist and a solid color throughout.
- Avoid storage temperatures between 40-140°F.

RAW OR PARTIALLY-COOKED SEAFOOD

- Raw seafood and uncooked marinated dishes are commonly served as ceviche and sushi dishes, or as oysters and clams on the half-shell.
- Raw fish and shellfish may contain naturally occurring pathogens or parasites, such as Vibrio, Salmonella, and Listeria.
- Freezing at low temperatures prior to serving raw seafood can help kill any parasites present, but freezing does not kill all pathogens. The safest route is to thoroughly cook the seafood.
- Lightly smoked seafood is only partially cooked and may still contain pathogens.



THE FOLLOWING CONSUMERS SHOULD NOT EAT RAW OR PARTIALLY-COOKED FISH OR SHELLFISH:

- Pregnant women
- Young children
- Elderly adults
- Immuno-compromised individuals

SOURCE: FDA, [Foodsafety.gov](https://www.foodsafety.gov)



[SEAFOODNUTRITION.ORG](https://www.seafoodnutrition.org)