

# 安心 吃雞蛋

Eat Chicken Eggs  
Without Worries

Chicken eggs are nutritious, providing the nutrients required by the human body. They are prepared in a variety of ways, such as sunny-side-up, steamed and scrambled eggs, and are the everyday food ingredients in many households. From time to time, there have been reported cases of *Salmonella* food poisoning caused by eating egg dishes. So, how can we eat chicken eggs safely to prevent food poisoning?





## 1. Choose Carefully

Check the physical conditions of the eggshell

- ✓ Check the egg for any damage or cracks
- ✓ Choose clean and spotless chicken eggs



## 2. Proper Storage

- ✓ Place the eggs in a container and store it in a refrigerator
- ✓ If the eggshell is soiled, wipe it with a dry cloth or paper towel
  - ▶ Do not wash the egg if you are not going to use or eat it! Washing can allow bacteria to enter the egg inside through the tiny pores of eggshell and accelerate its deterioration
  - ▶ If it is necessary to wash the egg, use or cook it right away after washing
- ✓ For eggs in a carton bought from the supermarket, you may keep them in the carton to prevent from contaminating other foods



## 3. Cook Thoroughly

- ✓ Wash hands thoroughly before and after handling eggs and preparing egg dishes
- ✓ Clean the eggshell
- ✓ Do not use the same containers and utensils to prepare eggs and cooked food
- ✓ Dishes containing eggs as ingredient must be thoroughly cooked<sup>1</sup>
  - ▶ If it is unavoidable to prepare dishes that require raw or half-boiled eggs, always use pasteurised chicken eggs and egg products<sup>2</sup>

### Note:

1. The inside and outside of chicken eggs may be contaminated with bacteria, like *Salmonella spp.* and *Escherichia coli*. It is hard to tell whether the egg is contaminated; since, the appearance of contaminated eggs shows no abnormalities. Consumption of undercooked chicken eggs (e.g. soft-scrambled eggs, soft-boiled eggs and eggs Benedict), sauces prepared with raw chicken eggs (e.g. mayonnaise and dipping sauce for hot pots) or desserts prepared with chicken eggs not fully-cooked (e.g. tiramisu, mousse, soufflé and cheesecake) can result in foodborne diseases. For safety purpose, dishes which contain eggs as ingredient must be thoroughly cooked.

2. Pasteurised eggs are heated to a specific temperature for a set period of time to eliminate the pathogens without cooking the contents of the egg. It can significantly reduce the food safety risks associated with dishes prepared with raw chicken eggs.



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