

Food Safety Advice on Eggs

Trade Consultation Forum
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Background (1)

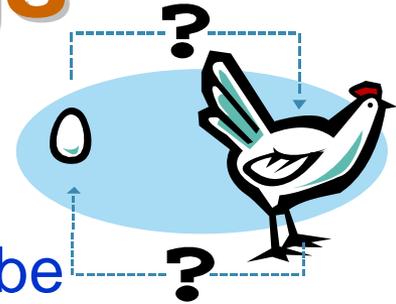
- ✿ Eggs are nutritious foods and formed an important part of our diet
- ✿ However, eggs that are improperly handled can be a source of foodborne diseases, such as salmonellosis



Background (2)

- ✿ From 2010 to 2012
 - ✦ a total of 291 food poisoning cases related to food premises were suspected to be caused by salmonella infection
 - ✦ among these 291 cases, 83 cases (about 30%) were related to the consumption of eggs or egg products
- ✿ Two common contributory factors to these food poisoning cases
 - ✦ undercooking of eggs or egg products
 - ✦ using raw eggs
- ✿ Some food items, such as mango pudding, Tiramisu, and mayonnaise may contain raw eggs as an ingredient and be contaminated with salmonella bacteria

Contamination of Eggs



- ✿ Both the outside and the inside of eggs can be contaminated with pathogens
 - ✦ egg shells can be contaminated with faecal matter and the pathogens may enter through pores or cracks on shell of eggs
 - ✦ pathogens can be introduced to the egg from infected reproductive tissues of poultry prior to shell formation
- ✿ Eggs contaminated with pathogens may look normal

Advice

✿ *Advice to the trade (1)*

- ✿ Purchase eggs from reliable sources
- ✿ Observe the expiry date on the package/label of eggs and store eggs under refrigeration
- ✿ As a general rule, shell eggs need not be washed. However, if eggs are soiled with faecal matter, they can be washed and should be used immediately

Advice

✿ *Advice to the trade (2)*

- ✿ Choose pasteurised eggs or egg products or dried egg powder to prepare dishes not requiring further heat treatment, in particular ready-to-eat desserts
- ✿ Avoid using cracked eggs as they are more likely to be contaminated and thus present a higher health risk

Advice

✿ *Advice to the consumers (1)*

- ✿ Purchase eggs from reliable sources
- ✿ Observe the expiry date on the package/label of eggs and store eggs under refrigeration
- ✿ As a general rule, shell eggs need not be washed. However, if eggs are soiled with faecal matter, they can be washed and should be used immediately

Advice

✿ *Advice to the consumers (2)*

- ✿ Avoid eating raw or undercooked eggs and their products, particularly for the vulnerable groups such as the elderly, infants and young children, pregnant women and immunocompromised people. Check with food premises whether the dishes contain raw eggs, if necessary

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