Food safety when cooking

- Share (show more)
- Download PDF
- Listen (show more)
- More (show more)
  - Email
  - Print

Tags:
Summary

- Cook food properly – to at least 75 °C or hotter.
- Use a thermometer to check the temperature of cooked foods.
- If you use a microwave, check that the food is cooked evenly throughout.
- Cook foods made from eggs thoroughly.
- Cool and store cooked food as soon as possible.
- Reheat food until steaming hot.

The way we cook our food is as important as the way we prepare and store it. Inadequate cooking is a common cause of food poisoning. Cross contamination from raw to cooked foods, such as from hands or utensils, can also cause food poisoning. Most foods, especially meat, poultry, fish and eggs, should be cooked thoroughly to kill most types of food poisoning bacteria.

In general, food should be cooked to a temperature of at least 75 °C or hotter. When food is cooked, it should be eaten promptly, kept hotter than 60 °C, or cooled, covered and stored in the fridge or freezer.

Some people are more at risk from food poisoning than others. Vulnerable groups include pregnant women, young children, the elderly and anyone with a suppressed immune system. Special care should be taken when preparing, cooking, serving and storing food for these groups.

Safety when cooking high-risk foods

Food poisoning bacteria grow more easily on some foods than others. These high-risk foods include:

- raw and cooked meat, including poultry such as chicken and turkey, and foods containing them, such as casseroles, curries and lasagne
- dairy products, such as custard and dairy based desserts like custard tarts and cheesecake
- eggs and egg products, such as mousse
- small goods such as hams and salamis
- seafood, such as seafood salad, patties, fish balls, stews containing seafood and fish stock
- cooked rice and pasta
- prepared salads like coleslaws, pasta salads and rice salads
- prepared fruit salads
- ready-to-eat foods, including sandwiches, rolls, and pizza that contain any of the food above.

High risk foods and the temperature danger zone

Take care with high-risk foods. You should remember:

- To keep high-risk foods out of the 'temperature danger zone' of between 5 °C and 60 °C.
- If high-risk foods have been left in the temperature danger zone for up to two hours the food should be reheated, refrigerated or consumed.
- If high-risk foods have been left in the temperature danger zone for longer than two hours, but less than four hours, they should be consumed immediately.
- Throw out any high-risk foods that have been left in the temperature danger zone for more than four hours.

Cook all food to a temperature of 75 °C

How you cook food is very important. Different foods need a different approach:

- Aim for an internal temperature of 75 °C or hotter when you cook food. Heating foods to this temperature kills most food-poisoning bacteria. Use a thermometer to check the internal temperature of foods during the cooking process.
- Cook mince, sausages, whole chickens or stuffed meats right through to the centre. You should not be able to see any pink meat and the juices should be clear.
- Cook steak, chops and whole cuts of red meat to your preference as food poisoning bacteria are mostly on the surface.
- Cook fish until it flakes easily with a fork.
- Cook foods made from eggs such as omelettes and baked egg custards thoroughly.

Food safety with raw eggs

Take extra care when preparing foods that contain raw egg, such as homemade mayonnaise, tiramisu and eggnog. Bacteria present on eggshells and inside the egg can contaminate these types of food and cause food poisoning.

Avoid giving food containing raw eggs to pregnant women, young children, elderly people and anyone with a suppressed immune system.

Food safety and microwave cooking

Microwaves are a quick and convenient way to cook food. However, if they are not used correctly, they can cook food unevenly. This may leave food partially cooked or not reaching a uniform temperature of 75 °C. When you cook food in the microwave:

- Cut food into evenly sized pieces if possible, or put larger or thicker items towards the outside edge of the dish.
- Cover the food with a microwave-safe lid or microwave plastic wrap. This will trap the steam and promote even cooking.
- Rotate and stir food during cooking.
- Wait until the standing time is over before you check that the cooking is complete. Food continues to cook even after the microwave is turned off.

Cooling and storing food

If you need to store food for later use, wait until the steam stops rising, cover the food and put it in the fridge. This helps keep the food out of the temperature danger zone as fast as possible.

betterhealth.vic.gov.au
possible. Large portions of food cool faster when you put them into shallow trays or divide them into smaller pieces.

If you need to keep food warm, keep it hotter than 60 °C and out of the temperature danger zone.

Under ideal conditions, cooked food can be stored in the fridge for a few days. If you want to keep cooked food longer, freeze the food immediately after cooling in the fridge.

Always store cooked food separately from raw food, especially raw meats, poultry and fish. Keep raw meats and poultry at the bottom of the fridge to avoid raw juices dripping onto other food. Ensure that all food is covered or sealed.

Reheat food to steaming hot

Reheat food until it is steaming hot – above 75 °C or, preferably, boiling. Food should steam throughout, not just on the edges. Take care when reheating food in a microwave oven. Follow the same actions as when cooking with a microwave to ensure all the food is heated to above 75 °C.

Where to get help

- Food Safety Hotline: Tel. 1300 364 352
- Your local council environmental health officer. Find your council’s contact details at ‘Find a Council’

Be savvy with food this summer

1.

Holiday season is the time for loads of celebrations. It’s also the time when bugs thrive in humid conditions. Check out these few safety tips and stay food safe.
2. **Be a smart shopper**

When grocery shopping, make sure to pick up dry foods and household goods first (e.g. canned foods, grains, cereals and personal items), next fruit and veggies, then finally any perishables – hot and cold items (e.g. meat, dairy, seafood). At the check-out, keep hot and cold foods in separate bags.

Hint: take cooler bags with ice bricks or an esky to store cold food while travelling home.

3. **Get shopping home quickly**

In hot weather, don’t dawdle around if you’ve bought any food. Take chilled, frozen or hot food home straight away. Make sure you pack it in a cooler bag or esky to keep it insulated. When you arrive home don’t leave it on the bench – put chilled and frozen foods straight into your fridge or freezer.

4. **Keep out of the zone**
Bacteria that cause food poisoning grow best in the temperature danger zone – between 5°C and 60°C. That’s why it’s important to keep your fridge temperature below 5°C and freezer below -15°C to -18°C.

Hint: use a thermometer to check the temperature if unsure.

5. Don’t overfill your fridge

Having enough room for air circulation inside the fridge is important for effective cooling. Hint: if you’re catering for a crowd, keep drinks on ice or in an insulated cooler and keep space in your fridge for food.

6. Separate foods

Food poisoning can occur if bacteria from raw meat contaminate other foods. Check your fridge, make sure uncooked food – such as raw meat, poultry and seafood – is chilled, covered and kept well away from cooked food. Store raw meat on the bottom shelf of the fridge so juices can’t drip on other food. When preparing meals use different chopping boards for raw and cooked food – wash them well between uses.

Hint: always wash and your hands thoroughly before and after touching food raw meat – be extra vigilant after handling raw meat!
7. **Keep hot food hot**

Cook food to a temperature of at least 75°C. This rule also applies to reheating – heat food through so that it’s steaming or boiling. If you don’t want to eat it straight away, keep it out of the danger zone (at 60°C or hotter), or cooled, covered and stored in the fridge or freezer.

Hint: invest in a thermometer – it’s great for checking the temperature of different foods, especially meat.

8. **Master your microwave**

A lot of us don’t have the time to cook, and our microwave gets a good workout – especially at this time of year! Be careful when using your microwave that food cooks evenly and heats to a temperature of 75°C – it needs to be steaming hot! Make sure food is covered – it traps steam and helps food cook. Put large or thicker items at the outside edge of the dish, and don’t forget to stir and rotate food during cooking. Don’t be impatient either – wait until the cycle has completely finished before opening – our meal is still cooking even during standing time!
Cooling hot food

There is no need to let hot food completely cool before refrigerating. Put it in the fridge or freezer as soon as the steam stops rising. Divide food into small, shallow containers so it cools more quickly. Cover the containers to prevent the fridge temperature from rising and to reduce the risk of bacteria growth on other food.

Hint: label containers with type of meal and date so you know exactly when they’re safe to eat!

How to thaw

Don’t leave frozen food out on the bench to thaw as bacteria can grow in the defrosting process. Thaw food safely in the fridge or use the “defrost” setting on your microwave. Make sure food fully thaws before cooking unless the packaging says otherwise.
Don't refreeze

As they say, “it’s better to be safe than sorry”, and this certainly applies when thawing food. Bacteria can grow in the defrosting process so it’s best to avoid refreezing food that has already been thawed. The risk is even higher if food is raw!

Got leftovers?

This is the time of year for lots of gatherings. If you have leftovers store them in the fridge and eat within three to five days. If you can’t consume them within this time, freeze straight away. Not sure what to do with leftovers? Check out our healthy recipes and Love Food Hate Waste for more ideas.
Know when to throw away

Don't eat food that's been left out of the fridge for more than four hours – especially poultry, meat, seafood, cooked rice and cooked pasta. This applies to salads too – not only do they look unattractive and limp they can grow harmful bacteria. A general rule of thumb is – if in doubt, throw it out.

Check expiry dates

Most of us are busy and tend to forget what is in our fridge or pantry. It’s a good time to keep an eye on packaged foods and their expiry dates. Check the back of the fridge and pantry and throw out anything that is outdated. So what is outdated? Best-before date gives you an idea on how long the food will last before it loses quality, including its nutritional value. Most products will last longer than their best-before date if stored properly. Use-by dates, on the other hand, mean foods must be eaten before or on the date indicated on the packaging. Remember – if in doubt, throw it out!
If you're sick don't handle food

No one wants to get sick from someone who is ill and has been preparing and handling food. Keep away from food when you're not feeling well – especially if you have diarrhoea, vomiting, stomach cramps, nausea, sore throat, fever, jaundice or infectious skin conditions. See a doctor if symptoms persist.

Get some training

Want to know more on food safety? Try Dofoodsafely. It's a free online program that you can do at your own pace to improve your knowledge on keeping food safe. If you work in the industry in Victoria, check out FoodSmart and develop a food safety program for your business online.

Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

Next Submit Now Cancel

Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries. If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

2/4 Your Comments

Tell us who you are Select an option: 

Enter your comments below (optional):
Food safety when cooking

Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

3/4 Questions

What are you here to do? 
Looking for information on

Did you find what you were looking for?
- ⬤ Yes
- ⬤ No

Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

4/4 Your details

Postcode 
Email Address 
Submit Now Cancel

Send us your feedback

Thank you. Your feedback has been successfully sent.

More information

Healthy eating

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- Healthy eating basics
- Food types
- Vitamins and supplements
- Health conditions and food
- Food science and technology
- Planning shopping and cooking
- Food safety and storage
- Dieting and diets
- Nutritional needs throughout life

Healthy eating basics

- Balancing energy in and energy out
  
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance...

- Body mass index (BMI)
  
  Body mass index or BMI is an approximate measure of your total body fat...

- Children's diet - fruit and vegetables
  
  If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...

- Dairy and dairy alternatives
  
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...

- Eggs
  
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D...

- Energy in food (kilojoules and calories)
  
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance...
• Food Standards Australia New Zealand (FSANZ)
  FSANZ's role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply.

• Getting enough protein
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein or...

• Healthy eating tips
  A good balance between exercise and food intake is important to maintain a healthy body weight.

• How to cut down on salt
  Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt.

• Kids and energy needs
  It's important for kids to eat a wide variety of foods for a healthy, well-balanced diet and to be physically active. Creating healthy habits during childhood helps to ensure lifelong healthy...

• Look after your health at harvest time
  Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness.

Food types

• Alcohol explained
  The size of a standard drink can vary according to the type of alcohol.

• Cereals and wholegrain foods
  Common cereal foods include bread, breakfast cereals and pasta.

• Dairy and dairy alternatives
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

• Fats and oils
  Animal products and processed foods like fried fast food are generally high in saturated fats.

• Fish
  Eating two or more serves of fish per week can reduce the risk of a range of diseases including dementia, depression and cardiovascular disease.

• Foods from plants and animals
  Some of the foods we eat come from animals and others come from plants.

• Fruit and vegetables
  Eating fruit and vegetables can help protect against some diseases including diabetes and some cancers.

• Getting enough protein
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein or...

• Herbs
  Use herbs to enhance the flavour of virtually any dish, including desserts.

• Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don’t skip lunch; you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work.

• Meat and poultry
  Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it.

• Nutrition: Summer fruit and vegetables (video)
  Salads are a great way for you achieve your 5 serves of veggies every day.

• Nuts and seeds
  Nuts are a healthy food and a good source of protein and healthy fats.

• Organic food
  Organic foods are farmed in a more environmentally sustainable way than conventional foods.
Simple ways to cut down on fat

Cutting down on fat is not as hard as you think. Here's how to maintain a healthy weight by consuming the right amount and types of fat.

Soft drinks, juice and sweet drinks - children

Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts.

Soft drinks, juice and sweet drinks - limit intake

Consumption of drinks containing added sugar is associated with weight gain, reduced bone strength and tooth erosion and decay.

Vitamins and supplements

10 tips for getting enough vitamin D

A balanced UV approach is required to ensure some sun exposure for vitamin D while minimising the risk of skin cancer.

Antioxidants

Antioxidants scavenge free radicals from the body's cells, and prevent or reduce the damage caused by oxidation.

Calcium

If you don't have enough calcium in your diet, your bones will eventually become weak and brittle.

Folate for pregnant women

Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy.

Iodine

Good sources of iodine include fortified bread and any type of seafood, including seaweed.

Iron

Iron is important for transporting oxygen in the blood.

Vitamin and mineral supplements

Taking vitamin supplements is no substitute for a healthy diet.

Vitamin B

The eight B-group vitamins are essential for various functions within the body.

Vitamin D

A balanced approach to sunlight exposure will help you get enough vitamin D while protecting against skin cancer.

Vitamin D - maintaining levels in winter (video)

Vitamin D is important for healthy bones, muscles and the nervous system.

Vitamins - common misconceptions

There is no evidence that any one vitamin can slow ageing, restore sex drive or cure infertility.

Health conditions and food

Arthritis and diet

No special diet or 'miracle food' can cure arthritis, but some conditions may be helped by avoiding or including certain foods.

Asthma and food allergies

It is important to identify any foods or food chemicals that may trigger your asthma, but this must be done under strict medical supervision.

Cancer and food

Diet can influence your risk of developing some cancers, but there is no evidence that specific foods can cause or cure cancer.

Cholesterol - healthy eating tips

Replacing foods that contain saturated fats with foods that contain polyunsaturated and monounsaturated fats will help to lower your cholesterol.

Coeliac disease and gluten sensitivity

Coeliac disease is an immune disease caused by gluten.

Diabetes and healthy eating

Healthy eating for people with diabetes is no different than for everyone else.

Eggs

The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).
Food allergy and intolerance

Food allergy is an immune response, while food intolerance is a chemical reaction.

Food poisoning - prevention

You can minimize the risk of food poisoning by taking simple precautions.

Getting enough protein

Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein or...

Have you had an allergic reaction to packaged food?

The Food Standards Code requires that certain foods must be listed on the package of a food, or made known to the customer upon request. If you experience an allergic reaction to a known allergen not...

Health check

This health assessment questionnaire will identify which zones of your lifestyle are contributing to your personal health risk and provide actions you can take to make positive change.

Heart disease and food

A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease.

Huntington's disease and diet issues

Weight loss is often associated with Huntington's disease, but it doesn't appear to be a direct result of diet.

Lunch at work

Did you know lunch is just as important as breakfast? In other words, don't skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...

Mood and food

Your mood can affect your food choices, and your food choices may affect your mood.

Pregnancy and diet

Good nutrition during pregnancy can help to keep you and your developing baby healthy.

Scurvy

Scurvy is uncommon in Australia but anyone whose diet is inadequate in vitamin C is at risk.

Type 2 diabetes - healthy eating and exercise (video)

People with type 2 diabetes talk about positive lifestyle changes that improve their quality of life.

Food science and technology

Carbohydrates and the glycaemic index

The glycaemic index (GI) can be a useful tool to control blood sugar levels.

Eggs

The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

Fats and oils

Animal products and processed foods like fried fast food are generally high in saturated fats.

Fibre in food

A diet high in fibre keeps the digestive system healthy.

Food additives

The long-term effects of consuming a combination of different additives in our food are currently unknown.

Food - genetically modified (GM)

Some foods include ingredients that have been genetically modified (GM), or are made using ingredients derived from GM organisms.

Food irradiation

Food irradiation can kill insects, moulds and bacteria, but it cannot kill viruses.

Food labels

Food labels carry useful information to help you make good choices about food.
Food - pesticides and other chemicals
Chemicals such as pesticides, antibiotics and hormones are used to boost food production and ensure adequate food supply.

Food processing and nutrition
Careful cooking and storage will help retain the nutrients in your food.

Meat and poultry
Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it.

Mercury in fish
Pregnant women and young children should limit consumption of fish that contain high levels of mercury.

Protein
The human body can't store protein, so it must be supplied daily from the foods we eat.

Salt
Too much sodium (salt) can cause high blood pressure and many other health conditions.

Sugar
Too much sugar in the diet can contribute to health problems, so limit foods and drinks with high amounts of added sugar.

Planning shopping and cooking

10 tips for healthy shopping
Make a shopping list for healthier food choices

Breakfast
Children who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2.

Celebrations - Christmas Day the healthy way (video)
Victoria State Public Health Nutritionist, Veronica Graham shows us how to cook a light and healthy Christmas meal without overindulging. Whatever way you celebrate, there are ways to eat healthily.

Celebrations - healthy birthday parties (video)
Birthday parties can be healthy as well as fun. Flip Shelton reports on some great ideas for healthy and tasty treats for your child’s next birthday.

Cooking healthy alternatives (video)
Chef Andrew Blake shows people how to cook healthy fish and chips, spring rolls and pancakes.

Cooking tips for busy people
If you lack the time or motivation to cook, try these tips.

Eating out - healthy food from different cultures (video)
Nutritionist Shane Bilsborough takes us on a tour of Melbourne’s restaurants. Some popular food from different cultures is high in fat and kilojoules. There are, however, some healthy alternatives.

Food labels
Food labels carry useful information to help you make good choices about food.

Food shopping - a family’s healthy market shop (video)

Food shopping - fresh produce choices at local markets (video)
Reporter Flip Shelton takes us on a tour and shows us what fresh produce is available at a local market.

Food to have sometimes
Junk food should be kept to a minimum. It usually contains a lot of fat, salt or sugar.

Food variety and a healthy diet
If you eat a variety of good food, your diet will provide you with adequate nutrition.

Healthy budget - tucker talk tips
You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies.

Healthy cooking tips
Eating healthy food doesn't mean giving up your favourite foods and switching to eating only salads.

Healthy eating tips

betterhealth.vic.gov.au
A good balance between exercise and food intake is important to maintain a healthy body weight.

- How to cut down on salt
  Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt.

- Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don’t skip lunch; you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work.

- Lunch - avoid the fast food fix (video)
  Nutritionist Shane Bilborough shows us how much energy it takes to burn off a fast food lunch. Join tradies, Corky and Danny as they find out how to maintain a healthy weight.

- Lunch boxes - healthy shopping ideas (video)
  Victorian State Public Health Nutritionist Veronica Graham takes us shopping for the right foods to include in your child’s lunchbox.

- Lunch boxes - how to make them healthy (video)
  Victorian State Public Health Nutritionist Veronica Graham shares three healthy and delicious lunchbox examples for the kids and provides some great food preparation tips to save you time throughout.

- Reading food labels - tucker talk tips
  Labels on packaged food can give you useful information about the nutrition, ingredients, storage and weight of the food. Add full stop to pull quote.

- Shopping at fresh food markets (video)
  Victorian State Nutritionist, Veronica Graham talks about the benefits of shopping at fresh produce markets.

- Tips to keep our snacks on track
  Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track.

**Food safety and storage**

- Avoid food poisoning - Cook Safe (video)
  Learn how to prepare and cook food safely at home.

- Avoid food poisoning - Shop Safe (video)
  Learn how to keep your hot and cold foods separate and shop safely for food.

- Avoid food poisoning - Store Safe (video)
  Learn how to store food safely in your fridge at home.

- Be savvy with food this summer
  How to keep food fresh and safe in warmer weather.

- Cockroaches
  Cockroaches prefer to live in kitchens and other food preparation areas, so they can feed off food spills.

- Don't let food poisoning ruin your summer (slideshow)
  How to avoid food poisoning this summer.

- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

- Emergencies - coping without gas or electricity
  In a gas or electricity blackout you may have to think laterally to come up with ways to continue bathing, eating and keeping warm.

- Fishing - eat your catch with care
  People who fish in the Lower Yarra and Maribyrnong rivers need to be careful about eating their catch because of the risk of chemical exposure.

- Food poisoning - listeria
  Listeria infection is uncommon but very dangerous for the elderly, people whose immune systems are not working properly and pregnant women and their unborn babies.

- Food poisoning - prevention
  You can minimise the risk of food poisoning by taking simple precautions.

- Food safety and storage
  High-risk food should be kept at 5 °C or below, and above 60 °C to avoid the temperature danger zone and food poisoning.
Food safety - eggs

To enjoy eggs safely - buy clean, keep cool and cook well...

Food safety for summer celebrations (video)

In the hot weather there is a higher risk of food poisoning but if you follow some simple rules when you prepare, handle and store food it will significantly reduce your risk of getting sick...

Food safety outdoors

Food poisoning is a real risk when taking food outside the home, especially in warmer weather...

Food safety when cooking

Most foods should be cooked to at least 75 °C to minimise the risk of food poisoning...

Food safety when eating out

If you have any doubt about the safety of food when you're out, don't eat it...

Food safety when shopping

When you shop, choose, pack and transport food carefully...

Food Standards Australia New Zealand (FSANZ)

FSANZ's role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply...

Food – use-by and best-before dates

Check the ‘use-by’ or ‘best before’ date when you buy food...

Dieting and diets

10 tips on how to eat more calcium

Reduce your intake of coffee, alcohol and soft drinks. 10 tips on how to eat more calcium...

Body image and diet

Some people diet because they have a poor body image, not because they want to be a healthy weight...

Dairy and dairy alternatives

Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...

Food allergy and intolerance

Food allergy is an immune response, while food intolerance is a chemical reaction...

Food for sport - tucker talk tips

Carbohydrate is the most important nutrient for athletes...

Getting enough protein

Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...)...

Gluten-free diet

Gluten sensitivity can be managed with a gluten-free diet...

Heart disease and food

A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease...

How to cut down on salt

Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt...

Mood and food

Your mood can affect your food choices, and your food choices may affect your mood...

Simple ways to cut down on fat

Cutting down on fat is not as hard as you think. Here’s how to maintain a healthy weight by consuming the right amount and types of fat...

Sporting performance and food

Good nutrition and a healthy diet are essential to improving your sports performance...

Tips to keep our snacks on track
Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track.

- Vegetarian and vegan eating
  A well-planned vegetarian or vegan diet can meet nutritional needs during all stages of life.

- Vegetarian diets and children
  Children can eat a vegetarian diet and stay healthy as long as their extra nutritional needs are met.

- Weight loss and fad diets
  With a balanced eating plan, it’s what you leave in that makes all the difference.

- Weight management services
  Always consult with your doctor before choosing any weight management service.

- Women's nutrition for life
  ‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

Nutritional needs throughout life

- Women's nutrition for life
  ‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

- Bottle feeding - nutrition and safety
  Breastmilk or commercial infant formula is necessary for all babies less than 12 months.

- Breastfeeding and your diet
  Breastfeeding women need to eat regularly and include a wide variety of healthy foods in their diet.

- Childcare and healthy eating
  Childcare centres should provide healthy meals for your children.

- Dairy and dairy alternatives
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

- Disability - managing underweight
  There are a number of ways that a person with a disability can successfully avoid unwanted weight loss.

- Eating tips for babies
  First foods for babies can be prepared easily and cheaply at home without salt, seasonings and sweeteners.

- Eating tips for children (3) - older toddlers
  Offer children the same foods as the family, with a variety of textures and flavours for balanced nutrition.

- Eating tips for preschoolers
  Children are able to decide how much food they need for activity and growth if allowed to eat according to their appetite.

- Eating tips for school children
  Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks.

- Eating tips for young toddlers
  Children have a natural ability to sense when they are hungry and when they are full.

- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

- Food and your life stages
  The nutritional requirements of the human body change as we move through different life stages.

- Food for babies - tucker talk tips
  Before six months, breastmilk or formula is the only food and drink that your baby needs.

- Getting enough protein
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...).
• Good food for Elders - tucker talk tips
  Good nutrition, a healthy diet and physical activity can help Elders prevent or manage health problems.

• Healthy active Koori kids - tucker talk tips
  Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older.

• Healthy budget - tucker talk tips
  You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and veggies.

• Healthy eating during pregnancy - tucker talk tips
  Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby.

• Healthy eating for adolescent girls
  Eating healthy food is important at any age, but it’s especially important for teenagers.

• Healthy eating for women in midlife
  As you get older you need fewer calories, but your need for other nutrients remains unchanged. Healthy...

• Healthy eating for women in their later years
  Being well nourished improves women’s mental and physical health and quality of life at all life stages.

• Healthy eating for young women
  Good nutrition is especially important during this stage of your life when there is so much happening: independent living, career development, travel, establishing relationships, babies and families.

• Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don’t skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work.

• Nutrition needs when you’re over 65
  Nutrition needs vary with age and gender. Now you’re older, the foods and drinks that make up a healthy diet may need to be slightly different from when you were younger. In general, you...

Related Information

• A Healthy Start to School
  A Healthy Start to School – a guide for parents of children in their foundation year of school.

• A Healthy Start to School
  A Healthy Start to School – a guide for parents of children in their foundation year of school.

• No Jab No Play
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

• Nutrition Week
  Nutrition Week...

• Food safety - eggs
  To enjoy eggs safely - buy clean, keep cool and cook well.

Home

Related information on other websites

• CSIRO - Refrigerated storage of perishable foods.
• Food Safety Australia.
• Victorian Government Health Information.
• Victorian Government Health Information - Do Food Safely.

Content Partner
This page has been produced in consultation with and approved by: Department of Health and Human Services - RHP&R - Health Protection - Food Safety and Regulation
Multilingual resources on food safety

- Bottle and formula preparation
- Food poisoning and how to prevent it
- Foodborne disease
- Fridge food safety
- Keeping the kitchen clean
- Your guide to food safety

Recent Activity

Polls polled today are 2.
66 people have watched a video today

- Health topics
  - Conditions and treatments
  - Healthy living
  - Services and support

- Explore
  - Recipes
  - Healthy pantry
  - Videos
  - Consumer medicine information
  - Multilingual health information - Health Translations Directory

- About
  - About us
  - Accessibility
  - Content partners
  - Privacy

betterhealth.vic.gov.au