What’s the Story on Sushi?

Avoid eating sushi with raw or undercooked fish.

*Sushi*
A combination of sushi rice (vinegared), vegetables, seaweed and wasabi or other seasoning. Often rolled or shaped.

*Sashimi*
Thinly sliced raw fish served attractively, often served with pickled ginger and/or wasabi, but not rice.

*Main Concerns*
- Those who are very young, chronically or seriously ill, and elderly, as well as pregnant women, are at high risk for foodborne illness and serious complications from many of these illnesses.
- Raw or undercooked fish may contain parasites and/or harmful bacteria (pathogens).
Some features of sushi make it risky ...

- It might contain raw or undercooked fish.
  - Raw fish used in sushi can have parasites such as worm-like organisms. These worms can attach in your throat, stomach or intestines.
  - *Bacteria* like to multiply in raw and undercooked fish if the fish is not kept cold enough. Some can cause disease.

- It is a food made with a lot of hand contact during preparation and then served without any cooking.

Taking Care with Sushi

**Care has to be used in preparing:**

- The cook has to use very clean hands and equipment and avoid cross-contamination from other raw foods.
- Finished sushi must be refrigerated immediately and stored at 40°F or below.
- If fish is included, it should be sushi- or sashimi-grade fish (treated by a specific freezing procedure to eliminate parasites).

**Be safe when eating:**

- Avoid sushi with raw or undercooked fish.
- Even sushi without fish is a risky food since it is stored and served as a raw food.
- Buy from trusted stores from refrigerated display cases. Place in your home refrigerator as soon as possible, preferably less than 1 hour.
- Do not eat if the sushi is in the danger zone (40 to 140°F) more than 2 hours total, including in the store or restaurant, car and while re-serving.