

Food Poisoning from Cooked Rice



Renfrewshire
Council

Uncooked rice can contain *Bacillus cereus* bacteria which can cause food poisoning.

Although cooking kills the bacteria, some bacteria can survive cooking in the form of a spore.

If left at room temperature the spores can grow into bacteria which can grow and produce poisons. These poisons, which can't be killed by reheating, cause vomiting or diarrhoea.

Ensure that the rice you serve is safe by following these simple steps:

- It's best to serve rice when it has just been cooked.
- If rice is not going to be served immediately it should either be:
 - Kept hot, above 63°C, e.g. in a rice cooker.
 - or
 - Cooled quickly, ideally using a blast chiller.

Alternatively cool within 1½hrs in a cool place and protect from contamination.

Then place into a fridge below 5°C.

- Rice cools quicker if put into clean shallow trays no deeper than 9cm.

- It is strongly recommended that rice is used the same day that it is cooked.
- Any rice left over at the end of the day should be thrown out.
- NEVER leave cooked rice out at room temperature!
- Remember when reheating any food, make sure it is piping hot, at least 82°C.
- Reheat food only once.

**Never leave rice out
at room temperature!**

**If you require further information
please contact**

Community Resources
Renfrewshire Council
Renfrewshire House
Cotton Street
Paisley, PA1 1BR

telephone **0300 300 0380**

e mail **b-serv.es@renfrewshire.gov.uk**

由已煮熟米
飯引起的食
物中毒



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未煮熟的米飯含有蠟狀芽孢桿菌(仙人掌桿菌)，可能會引起食物中毒。

雖然煮熟食物可以殺死細菌，部份細菌仍然可以在食物被煮熟後透過孢子的方式生存。

假如食物被存放在室溫中，孢子就可能生長並演變成細菌，這些細菌會繼續生長並產生毒素。加熱食物並不能殺死這些毒素，最終會引至嘔吐或腹瀉。

透過按照以下的簡單步驟，你便可以確保你提供的米飯可安全食用：

- 米飯應在煮熟當天內食用。
- 假如米飯不會被立刻食用，應該：

保持米飯的溫度在 63°C 以上，例如把米飯保存在飯煲內。

或

快速冷卻米飯，最理想是使用急凍櫃。

此外你亦可以把米飯置於涼快的地方，並保護米飯免受到感染，在 1½ 小時內冷卻米飯。

然後把米飯放入5°C以下的雪櫃中。

- 假如把米飯放在清潔的淺口盤子中(深度不超過9厘米)，米飯可更快冷卻。
- 建議米飯應在煮熟當天內食用。
- 每天剩餘的任何米飯應該丟棄。
- 切勿把已煮熟的米飯放在室溫內!
- 請緊記，在加熱任何食物時，應確保食物高溫，溫度最少為82°C.
- 食物只應加熱一次。

不要忽略米在室溫!。

假如你需要進一步的資料，請聯絡
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