

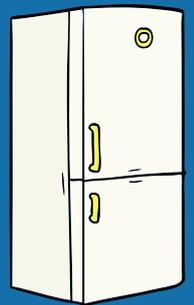
# 4 TIPS ABOUT HOW TO HANDLE FOOD PROPERLY

## Wash the Food



Wash the food very well before consuming without cooking, such as sushi, some fruits and vegetables, etc.

## The Food in the Fridge



Do not leave perishable products or that are already cooked out the fridge since they are more easily contaminated.

## Cross Contamination



Avoid that cooked products come in contact with other that are still uncooked to avoid cross contamination.

## Avoid Parasites



Properly cook food such as meat, fish, eggs, to avoid the entry of parasites such as solitary (meat) and anisakis (fish).