

Potentially hazardous foods are generally moist, nutrient-rich foods with a neutral pH.

Examples of foods that are normally considered potentially hazardous include:

- Raw and cooked meat/poultry or foods containing raw or cooked meat/poultry. E.g. burgers, curries, kebabs, pâté and meat pies
- Foods containing eggs (cooked or raw), beans, nuts or other protein-rich food. E.g. batter, mousse, quiche and tofu
- Dairy products and foods containing dairy products. E.g. milk, dairy-based desserts, bakery products filled with fresh cream or with fresh custard (yoghurt is not included here as it is an acidified product)
- Seafood (excluding live seafood) and foods containing seafood. E.g. sushi
- Sprouted seeds. E.g. beans and alfalfa
- Prepared fruits and vegetables. E.g. cut melons, salads and unpasteurised juices
- Cooked rice and both fresh and cooked pasta
- Foods that contain any of the above foods. E.g. sandwiches, pizzas and rice paper rolls

Potentially hazardous foods must be kept under temperature control to prevent the growth of bacteria to unsafe levels. Care needs to be taken when handling these foods.

Some examples of PFH include:

