

CYCLOSPORIASIS: FOOD PREPARATION GUIDE

Restaurants and Commercial Kitchens should especially follow the steps below when preparing, processing, or serving raw produce:

WRAPPED PRODUCE HANDLING



Produce that comes wrapped does not necessarily mean it's ready to eat.

Wrapped produce, such as English cucumbers, romaine hearts, and pears should be washed prior to eating or cooking.

LETTUCE/ LEAFY GREENS



Buy whole heads of lettuce (rather than pre washed, bagged lettuce or salad mixes), throw away the outer 2-3 layers of leaves and wash the inner leaves under running water.

For leafy greens that can be cooked, cooking is the safest option.

CILANTRO, BASIL



Wash thoroughly under running water, separating the leaves.

Safest when cooked.

GREEN ONIONS



Trim the root end and remove the outer layer, wash thoroughly under running water.

Safest when cooked.

RASPBERRIES



Their bumpy surface makes them especially hard to clean; the parasite can hide in the tiny crevices.

Safest when cooked (pies, jams etc.). Consider frozen raspberries as an alternative (freezing may reduce but does not guarantee elimination of the parasite).

SNOW PEAS



Wash under running water and rub the surface.

Safest when cooked.



COOK WHEN YOU CAN.
Heating food to 158°F (70°C) or higher kills Cyclospora.



These recommendations are particularly important for people who have a higher risk of dehydration or weakened immune systems such as:



Patients on chemotherapy



Organ transplant recipients



Infants/young children



Elderly people

