

3 System to select facilities that pursue safety and flavor — Trust Symbol —

Each facility that especially control hygiene appropriately from ingredients procurement until provision as dishes is certified as a **TOKYO FOOD HYGIENE MEISTER**. This system is only in Tokyo.

Restaurants certified as MEISTER display this symbol.



You can see a list of facilities certified as MEISTER, on the Tokyo Metropolis web site.

Let's enjoy delicious, safe meat dishes in Tokyo.



Things to be especially careful of when eating meat

You can cook raw meat yourself in some restaurants, such as grilled meat restaurants, and shabu-shabu restaurants. Be careful of the items below, to avoid eating raw meat or almost raw meat.

● **Cook meat until it is no longer red.**

Bacteria on meat die if cooked at 75°C until the meat's center for 1 minute or longer. Let's cook meat enough before eating.

● **Do not eat by forks or chopsticks that touched raw meat.**

Raw meat can have bacteria that cause food poisoning. When cooking raw meat, make sure the utensils you use to eat yourself are separate from utensils such as chopsticks and tongs used only for raw meat. Also, make sure vegetables etc. that touched raw meat are cooked enough before eating them.

See the "Tokyo Food Safety Information Center" web site for Tokyo Metropolis systems and the list of MEISTERS. http://www.fukushihoken.metro.tokyo.jp/shokuhin/eng/anzenjoho_index.html

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Let's enjoy

meat dishes in Tokyo!

System that helps provide delicious, safe foods

Japan has so many delicious meat dishes: Grilled meat, fried chicken, grilled chicken, pork cutlets, shabu-shabu, sukiyaki, etc.

Tokyo has over 100,000 restaurants. They provide meat dishes and various other delicious cuisines.

In addition to the efforts of producers and restaurants, etc., Tokyo Metropolis has various systems for providing these delicious cuisines safely.

Learn about the systems for providing high quality, safe, fresh, delicious meals, and enjoy eating in Tokyo.

 TOKYO METROPOLITAN GOVERNMENT