

THE RIGHT WAYS TO STORE LEFTOVER FOOD

The Do's & Don'ts

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Storage lifespan of leftover food in the fridge



Cooked meat,
poultry or seafood
3 - 4 days



Leafy or
salad greens
3 - 5 days



Cooked grains
or pasta
3 - 4 days



Cut or
sliced fruits
2 - 3 days

Guide to storing food in the refrigerator

Do's



Chill cooked and raw
food within 2 hours

Separate cooked
and raw food



Keep perishables
in a specific
compartment
of the fridge



Keep raw meat in
a separate bag
or container and
use within 2-3 days



Portion and store leftovers
in small containers

Dont's



Keep leftovers for an
extended period and
reheat more than once

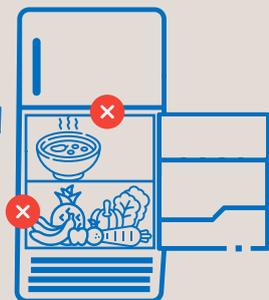
Refreeze
thawed food



Thaw food
at room
temperature



Store hot food
directly in the
refrigerator



Keep fruits and
vegetables in the
same compartment

Potential risks from improperly stored leftovers



Foodborne
illnesses



Decreased
nutritional
quality



Higher risk of
illness amongst
immune-compromised
individuals