Disease causing bacteria grow particularly well in foods high in protein such as meats, poultry, seafood, eggs, dairy products, cooked vegetables such as beans, and cooked cereal grains such as rice. Because of the high potential for rapid bacterial growth in these foods they are known as "potentially hazardous foods."

### Examples of Potentially Hazardous Foods

- Raw or cooked meat
- Food containing raw or cooked meat
- Dairy products
- Seafood
- Processed fruit and vegetables
- Cooked Pasta and rice
- Food containing eggs, nuts or protein-rich foods
- Garlic-in-oil mixtures
- Sandwiches, rolls (with meat products), uncooked and cooked pizza

### Examples of Non-Potentially Hazardous Foods

- Dry goods
- Unopened canned foods
- Pickles
- Sauces (Ketchup, Soy)
- Bottled pasta sauces
- Nut in the shell
- Dried fruit
- Plain breads and bread rolls
- Hard Cheeses
- Confectionary
- Fermented dried meats

Foods in the above list do not support the growth of pathogenic bacteria or the formation of toxins in the food. However, many of the products require refrigerated storage to prevent food spoilage or maintain quality to achieve the stated shelf life.