

### 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](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.

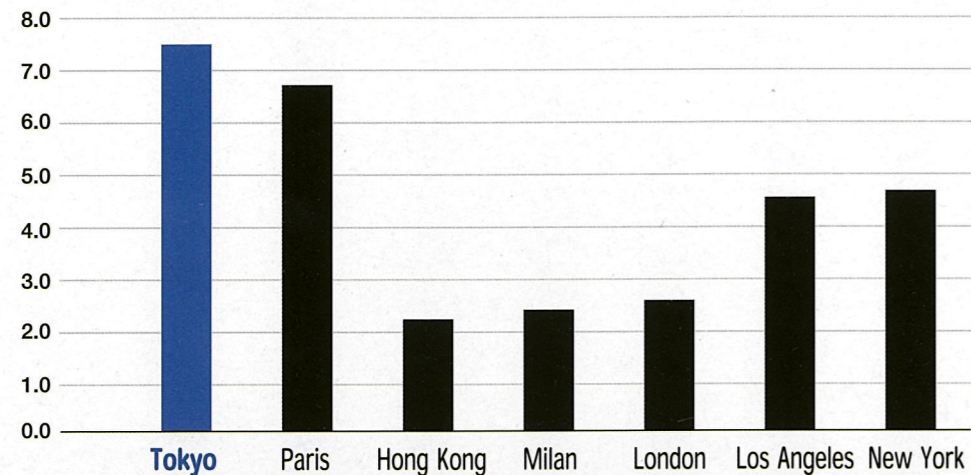
Learn about the systems for providing high quality, safe, fresh, delicious meals, and enjoy eating in Tokyo.

 TOKYO METROPOLITAN GOVERNMENT

## City with many restaurants — Tokyo, the food mega city —

Tokyo has over 100,000 restaurants. This includes several thousand grilled meat restaurants. Compared to major cities of the world, Tokyo has very many restaurants where you can enjoy various cuisines.

### Restaurants per 1,000 people



## Various meat dishes to enjoy in Tokyo



**You can also enjoy many other types of meat dishes in Tokyo.**

We introduce what Tokyo works on to offer a dish safely deliciously from the next page.

# 1 System for raising high quality livestock

## Policies at places that raise livestock such as cattle and pigs.

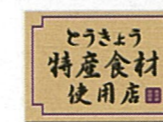
- 👉 Environmental countermeasures are taken to prevent contamination by trace chemical substances from the environment.
- 👉 We work to improve livestock hygiene such as infectious disease prevention, and ensure safety and improve quality of animal feed.
- 👉 Based on hygiene control standards at each producer, we always work to provide safe and delicious meats

In addition to ensuring safety, for even more delicious flavors, we develop and provide unique Tokyo Special Foods that you can only eat in Tokyo, such as TOKYO X and Tokyo Shamo.



### TOKYO X

This is a new pig that Tokyo Metropolitan Livestock Experiment Station developed in 1997. It has a tender, marbled meat quality, and juicy flavor. About 9,000 of these precious pigs are sold each year.



Tokyo Special Foods are meat, vegetables, fish, etc. They can be eaten at places that display signs like these.

# 2 System to maintain safety in restaurants, etc.



## Hygiene inspections of facilities and foods are done at all stages, from production until consumption.

- 👉 Staff that have specialized knowledge visit facilities that handle foods. They inspect whether hygiene is ensured, and whether food contains bacteria or harmful substances. If they find problems, they demand improvements, or prohibit provision of foods.
- 👉 Inspections are prioritized effectively and efficiently. Especially in summer when bacteria grow easily, and in winter when more is consumed, etc.
- 👉 In fiscal 2015, We monitored and guided 341,442 facilities that handle foods, and monitored 113,756 food items, etc.

\*1 The Metropolitan Central Wholesale Market's Meat Market is Many cattle and pigs from throughout Japan are brought there, where carcasses (cut in half) are sold. A veterinarian inspects the hygiene of each animal. Only meat that passes inspections can be distributed as food meat and used in restaurants. (For all beef are inspected for radioactive substances) These are high quality, safe, fresh meats. They gain trust as Shibaura Brand meats.

\*2 To prevent food poisoning, restaurants that provide meat dishes are guided strictly, so they do not handle meat by inappropriate methods, such as providing raw meat.