

iMIS Food - Parasites Hazards Table

Name	Group	Origin	Food Products	Health Effects	Preventive Measures	Regulation	Comments
<i>Anisakis simplex</i>	Roundworm	Marine fish and squid that have eaten infected crustaceans.	Raw or undercooked marine fish (sushi, sashimi, ceviche).	Abdominal pain, nausea, and vomiting. Allergic reactions.	Thoroughly cook fish; freeze fish intended for raw consumption.	• Reg. (EC) 853/2004	Marinating or light salting does not guarantee safety.
<i>Toxoplasma gondii</i>	Protozoa	Undercooked meat from infected animals; cat feces contaminating produce or water.	Raw or undercooked pork and lamb; unwashed fruits and vegetables.	Usually mild flu-like symptoms, but very dangerous for pregnant women and their unborn babies.	Cook meat thoroughly; wash produce well; practice good hygiene.	No specific regulation	Major risk for pregnant women, who are advised to take extra precautions.
<i>Trichinella spiralis</i>	Roundworm	Raw or undercooked meat from infected animals, historically pork.	Undercooked pork, wild boar, or bear meat.	Nausea, diarrhoea, followed by muscle pain, fever, and swelling. Can be fatal.	Cook pork and wild game meat to safe internal temperatures.	• Reg. (EU) 2015/1375	Risk in commercial pork is very low in the EU; higher risk in wild game.
<i>Taenia</i> spp.	Tapeworm	Raw or undercooked beef or pork from infected animals.	Raw or undercooked beef (beef tapeworm) or pork (pork tapeworm).	Intestinal infection is often mild. Infection with pork tapeworm eggs can cause severe disease (cysticercosis).	Cook meat thoroughly; proper sanitation to prevent environmental contamination.	• Reg. (EU) 2019/627	Pork tapeworm can cause serious neurological damage if eggs are ingested.
<i>Echinococcus</i> spp.	Tapeworm	Ingesting eggs from the feces of infected dogs or foxes, often via contaminated produce.	Wild-picked berries, mushrooms, or greens contaminated with fox/dog feces.	Causes large, slow-growing cysts (hydatid disease) in the liver and lungs.	Avoid eating wild produce from high-risk areas, or wash it thoroughly. Good hygiene with dogs.	No specific food regulation	Very serious disease with a long period before symptoms appear.
<i>Cryptosporidium parvum</i>	Protozoa	Contaminated water or food from the feces of infected animals or humans.	Contaminated water, unpasteurised milk, raw produce.	Severe watery diarrhoea and stomach cramps.	Use safe, treated water; pasteurise milk; wash produce.	No specific regulation	Common cause of waterborne outbreaks; resistant to chlorine.
<i>Cyclospora cayetanensis</i>	Protozoa	Contaminated food or water from human feces.	Imported fresh produce like raspberries, basil, and cilantro.	Prolonged, watery diarrhoea, loss of appetite, and fatigue.	Good agricultural practices are the main control; wash produce thoroughly.	No specific regulation	Outbreaks often linked to imported fresh produce from certain regions.
<i>Giardia duodenalis</i>	Protozoa	Contaminated water or food from the feces of infected animals or humans.	Contaminated drinking water; raw, unwashed produce.	Diarrhea, gas, greasy stools, and stomach cramps.	Use safe, treated water; practice good personal hygiene (handwashing).	No specific regulation	Very common intestinal parasite worldwide.
<i>Fasciola hepatica</i>	Fluke	Larvae from infected snails that have encysted on aquatic plants.	Raw aquatic plants like wild watercress.	Fever and abdominal pain, followed by inflammation of the bile ducts.	Do not eat raw, wild-growing aquatic plants; cook them instead.	No specific regulation	Often linked to areas with sheep or cattle farming near water sources.
<i>Clonorchis</i> & <i>Opisthorchis</i> spp.	Fluke	Larvae from infected snails that have encysted in the flesh of freshwater fish.	Raw or undercooked freshwater fish (e.g., carp).	Inflammation of the bile ducts; long-term infection can cause bile duct cancer.	Thoroughly cook or freeze freshwater fish from endemic areas.	No specific regulation	Major cause of cancer in parts of Asia where eating raw fish is common.
<i>Paragonimus</i> spp.	Fluke	Larvae from infected snails that have encysted in freshwater crabs or crayfish.	Raw or undercooked freshwater crabs or crayfish.	Causes a lung disease similar to tuberculosis; can be fatal if it reaches the brain.	Thoroughly cook all freshwater crabs and crayfish.	No specific regulation	Marinating raw crabs ("drunken crab") does not kill the parasite.