



Center for Food Protection

SUSHI FISH GUIDELINES

Parasites in fish are a risk factor associated with sushi. To kill the parasites, most fish must be frozen at either:

- ≤ - 4 degrees F for 7 days,**
- ≤ - 31 degrees F for 15 hours or**
- ≤ - 31 degrees F until solid and then stored at ≤ -20 degrees F for 24 hours.**

The fish can be purchased frozen from the supplier. In that case, a document is supplied by the vendor that states the fish is frozen for parasite destruction. The record must remain on the premises for 90 days.

Otherwise, establishments can buy the raw fish and freeze the fish themselves if the freezer can maintain the required temperature and a record is kept to prove the length of time the fish is frozen. The documentation must be kept for 90 days.

Large tuna are considered parasite free and can be purchased raw without being frozen. Certain aquacultured fish, such as salmon, may also be parasite free. The supplier must stipulate in writing that the fish meets certain requirements that deem it free from parasites. Those records must also be kept for 90 days.

Species of large tuna that are considered free of parasites include: Albacore, Yellowfin, Blackfin, Bluefin, Bigeye, Longtail, and Karasick.

Fluke, Grouper, Jack, Bass, Trout, small Tuna, and Salmon (aquacultured and wild) may contain parasites and should be frozen for parasite destruction. As mentioned, certain aquacultured salmon may be certified parasite free from vendor. Without such documentation, the farm raised salmon must be frozen to kill potential parasites.