

Fresh products thermoguide by the MAPAQ



Meat and meat products

Cooked poultry with sauce	1-2 days	Cooked poultry without sauce	3-4 days
Poultry pieces	1-2 days	Whole poultry	1-3 days
Whole cooked ham	7-10 days	Sliced cooked ham	3-5 days
Cutlets, roasts	3-5 days	Cooked pork with sauce	3-4 days
Cooked pork without sauce	3-4 days	Lamb (chops, roasts)	3-5 days
Bacon*	7 days after opening	Beef (steaks, roasts)	3-5 days
Cretons	3-5 days	Fresh sausages	1-2 days
Whole dried sausages	2-3 days	Veal (roasted)	3-5 days
Cooked meat with sauce	3-4 days	Cooked meat without sauce	3-4 days
Smoked meat, cold cuts	5-6 days	Minced, cubed or thinly sliced meat	1-2 days

Egg

Fresh eggs in shell	1 month	Raw egg whites	1 week
Hard-boiled eggs	1 week	Raw egg yolks	2-3 days

Dairy products

Soft or salted butter	3 weeks after opening	Soft cheese (Brie, Camembert, etc.)	3-4 weeks
Hard cheese (cheddar, mozzarella, etc.)	5 weeks	Crème fraîche	3-5 days after opening
Blue cheese	1 week	Fresh cheese (cottage, ricotta, etc.)	3-5 days after opening
Cream cheese spread	3-4 weeks after opening	Milk	3-5 days after opening
Yogurt	2-3 weeks		

Fish and seafood

Cooked crab	1-2 days	Shrimp	1-2 days
Shucked oysters	10 days	Shucked mussels	1-2 days
Shucked clams	1-2 days	Scallops	1-2 days
Fatty fish (salmon, trout, etc.)	1-2 days	Lean fish (sole, tilapia, etc.)	2-3 days
Cold-smoked fish	3-4 days		