

Food	Shelf-life without MAP	Shelf-life with MAP	ماده غذایی
Raw red meat	2-4 days	5-8 days	گوشت قرمز خام
Raw chicken	4-7 days	16-21 days	گوشت مرغ خام
sausage	2-4 days	2-5 week	سوسیس
Cooked Meat	2-4 days	2-5 week	گوشت پخته
Raw fish	2-3 days	5-9 days	ماهی خام
Cooked fish	2-4 days	3-4 week	ماهی پخته
Hard cheese	2-3 days	4-10 week	پنیر سفت
Soft cheese	4-14 days	1-3 week	پنیر نرم
Cake	4 week	up to 1 year	کیک
Bread	6 days	2 week	نان
Semi-fried	5 days	20 days	نان نیم پز
Fresh salad	2-5 days	5-10 days	سالاد تازه
Fresh pasta	1-2 week	3-4 week	پاستا تازه
Pizza	7-10days	2-4 week	پیتزا
Muffins	3-5 days	2-3 week	کلوچه
Sandwich	2-3 days	7 - 10 days	ساندویچ
ready food	2-5 days	7 - 20 days	غذای آماده
Dried fruit	4-8 months	1-2 year	میوه خشک