



MINNESOTA ONCOLOGY

Caring, down to a science.®

General Food Safety

The purpose of this information is to protect you from bacteria found in some foods. The bacteria found in food may be more harmful when your immune system is suppressed.

To minimize the risk of food-related infections, use the following guidelines.

Food Handling Basics

- Wash hands before and after handling any food. Ask others who are preparing your food to wash their hands often and carefully
- Wash hands for a minimum of 20 seconds using soap and warm water
- Separate all cooked and raw foods
- Use separate cutting boards, dishes, utensils, etc. for meats and fruit/vegetables
- Always use a clean cutting board. Wash cutting boards, dishes and counter tops with hot, soapy water after preparing each food item and before preparing the next item

Milk and Dairy Products

- Eat or drink only pasteurized dairy products
- Avoid soft, “moldy” cheeses including: Brie, Camembert, Roquefort, Stilton, Bleu, gorgonzola
- Avoid Mexican-style cheeses (i.e. queso blanco fresco) since they are made from unpasteurized milk
- Avoid cheese from the deli counter

Eggs

- Use only pasteurized eggs and egg products
- Cook eggs until the yolk and white are solid, not runny

- Do not eat foods which may contain raw eggs including: Caesar salad dressing, hollandaise sauce or homemade salad dressing unless made with pasteurized egg products
- Cook egg dishes to a minimum temperature of 160°F

Meat, Poultry, Fish, Tofu

- Keep raw meat, poultry, and fish separate from all other foods when grocery shopping. Use a plastic bag around each meat item to prevent juices from dripping on to other foods.
- Store raw meat, poultry, and fish in a plastic bag at the bottom of the refrigerator
- Avoid raw tofu or tempeh
- Avoid raw or undercooked meat, poultry, fish
- Avoid meat from the deli counter
- Use a food thermometer to insure meat items are cooked to the proper temperature
 - > **Ground beef, turkey, chicken** – cook to a minimum internal temperature of 165°F
 - > **Fresh beef (i.e. steak)** – cook to a minimum internal temperature of 160°F
 - > **Whole chicken, turkey, duck, and goose** – cook to a minimum internal temperature of 180°F
 - > **Fresh pork** – cook to a minimum internal temperature of 170°F
 - > **Leftovers and casseroles** – cook to a minimum temperature of 165°F

Fruits and Vegetables

- Wash all raw fruits and vegetables with water, including melons and pineapple
- Separate lettuce leaves before washing
- Use shelf-stable salsas and salad dressings (shelf stable refers to unopened canned, bottles, or packaged food products that can be stored at room temperature before opening; the container may require refrigeration after opening)

Bread, Grain, Cereal Products

- Avoid purchasing grains and cereals from bulk containers
- Purchase only pre-packaged cereals, grains, breads

Beverages

- Do not drink unpasteurized fruit juice, vegetable juice, or cider
- Do not drink “sun” tea. Make tea with boiling water, using commercially-packaged tea bags

Dining Out

- Ask that food be prepared fresh in fast food restaurants
- Do not eat salsa and other condiments that are unrefrigerated and used by multiple people at the restaurants
- Avoid salad bars, delis, buffets, smorgasbords, and potluck dinners

Other – What to Avoid

- Uncooked brewers yeast
- Unroasted, uncooked, or raw nuts and seeds
- Bulk-bin nuts and seeds
- Raw, uncooked sprouts (alfalfa, mung beans, etc.)
- Fresh, cream-filled pastries, cookies, cakes, and cream puffs
- Raw honey or honey comb

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