



WHAT TO EAT

Before, During and After Cancer Treatment

FOOD SAFETY

What it is: Cancer treatment can reduce your ability to fight infection and food borne illness. Safe food handling can help reduce your risk of getting sick from food borne germs.

Tips for safe food handling:

- Always scrub your hands with soap and warm water for at least 20 seconds before preparing or eating food.
- Wash all fresh fruits and vegetables well – even if you will be peeling them.
- Have a different cutting board for fresh fruits and vegetables and another one for meats.
- Wash cutting boards in hot soapy water and rinse well between different foods.
- Thaw frozen food in the refrigerator or as part of cooking, not on the counter.
- Cook meats to recommended temperatures:
 - Red meats to 145°
 - Ground beef or ground poultry to 165°
 - Poultry to 165°
- Keep hot foods hot (over 140°) and cold foods cold (below 40°).
- Throw away food that is left out over 2 hours or reheat to 165°.
- Keep leftovers for only 1 to 2 days, throw out anything that looks or smells bad, and remember: When in Doubt – Throw it Out!

Foods to avoid:

- Raw, rare, or undercooked meats
- Raw sushi
- Salad bars and buffets
- Undercooked eggs
- Unpasteurized dairy products
- Raw honey
- Raw cookie dough