

Food Safety GOALS

- Wash your hands, utensils and food surfaces often. Use hot, soapy water and antibacterial cleaning products.
- Keep raw foods (meat, dairy, produce) separate from ready-to-eat foods. When shopping, preparing, or storing food, Prevent cross-contamination. Don't use the same knife to cut raw meat first then fresh veggies
- Cook foods to a safe temperature. You kill harmful organisms in most foods by cooking them between 145 F and 165 F.
- Refrigerate or freeze perishable foods promptly. Within 2 hours of purchasing or preparing. Put food in the freezer if you don't expect to eat within 2 days.
- Defrost food safely. The safest way to thaw foods is to defrost foods in the refrigerator, microwave (on defrost), or run cold water over the food.
- Throw it out when in doubt. Food left at room temperature too long may contain bacteria that can't be destroyed by cooking. If you aren't sure don't chance it, discard it.



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How to prevent FOODBORNE ILLNESS



FOODBORNE ILLNESS

A gastrointestinal disorder that results from eating contaminated food. An estimated 76 million cases occur each year in the United States. The majority of these cases are mild, causing symptoms for only a day or two. Some cases are more serious potentially life-threatening for young children, pregnant women and their fetuses, older adults, and people with weakened immune systems

SIGNS AND SYMPTOMS:

- Nausea
- Vomiting
- Abdominal pain
- Fever
- Loss of appetite
- Fatigue

CONSULT DOCTOR:

If you have a **fever** (over 101.5 F)
plus one of these symptoms:

- Blood in the stools
- Prolonged vomiting
- Dehydration (decrease in urination, dry mouth and throat, & feeling dizzy when standing up)
- Diarrheal illness that lasts more than 3 days
- Symptoms persist

PREVENTION

SAFE FOOD HANDLING

CLEAN: Wash your hands with soap & warm water before preparing foods. Wash fresh fruits and vegetables in running tap water to remove visible dirt & grime. Discard the outer leaves of a head of lettuce or cabbage. Use different cutting boards for raw meat and produce. Clean cutting boards and surface areas well. Avoid leaving cut produce at room temperature for many hours. Avoid preparing food for others if you have a diarrheal illness.

CHILL: Refrigerate leftovers promptly. Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within 4 hours. Large volumes of food will cool more quickly if they are divided into several shallow containers for refrigeration.

COOK meat, poultry and eggs thoroughly to kill bacteria. Use a thermometer & take an *internal* temperature.

Cooking temperatures:

Danger zone: 40°F to 140°F

- 145°F: fish, seafood, veal, lamb, pork (roasts or ham)
- 155°F: ground meat (beef, turkey, fish), raw eggs, and inspected game animals
- 165°F: poultry, stuffed foods (fish, meat, pasta, poultry), dishes containing previously cooked foods

SEPARATE: Avoid cross-contaminating foods by washing hands, utensils, & cutting boards after they have been in contact with raw meat or poultry before they touch another food. Put cooked meat on a clean platter, not on one that held the raw meat.

