

FOOD SAFETY FOR PEOPLE WITH CANCER



1 IN 6

Americans get sick from foodborne illness each year

**W
H
Y**

Food safety is important for people with cancer because treatment can weaken the immune system.

Chemotherapy and radiation therapy may cause **neutropenia**—a decrease in white blood cells that fight off infection.

Ask Your Doctor:

- Am I at increased risk for foodborne illness? How long will this risk last?
- What steps should I take to prevent foodborne illness?
- Which foods require special preparation to prevent foodborne illness?
- Whom should I contact if I think I have a foodborne illness?
- What treatment do you recommend for my foodborne illness?
- How can I prevent dehydration?
- Is there anything else I should be asking?

What are the SYMPTOMS of foodborne illness?



SAFE MINIMUM INTERNAL TEMPERATURES

145°F

Beef, Pork, Lamb, & Veal
(w/ 3 min rest time)

160°F

Ground Meat

165°F

All Poultry

Foods to AVOID



Raw or undercooked meat, poultry, or seafood



Unpasteurized or raw milk



Raw or undercooked eggs



Unwashed fresh produce



Soft cheeses made from unpasteurized (raw) milk



Cold hot dogs & deli meats



Raw sprouts (alfalfa, bean, etc)

Foods to EAT



Meat, poultry, & seafood cooked to a safe internal temperature



Pasteurized milk



Cooked eggs with a firm yolk



Washed fresh or cooked produce



Hard cheeses or soft cheese made from pasteurized milk



Reheat hot dogs & deli meat to steaming hot or 165 °F



Cooked sprouts



CLEAN:
Wash hands & surfaces often.



SEPARATE:
Keep raw meat & poultry separate from ready-to-eat foods.



COOK:
Cook foods to a safe internal temperature.



CHILL:
Chill perishable foods within 2 hours.



For more food safety tips, go to
—FoodSafety.gov—

Cancer.Net

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