**FOOD SAFETY FOR PEOPLE WITH CANCER**

**WHY**

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.

**WHAT ARE THE SYMPTOMS OF FOODBORNE ILLNESS?**

- Fever
- Nausea & Vomiting
- Dehydration
- Upset Stomach
- Cramps
- Diarrhea

**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
- 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
- Reheated 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.