

Food Safety

Cancer and some cancer treatments can weaken your immune system and leave you at a higher risk for infection.



Safer food choices

- Well-cooked beef, chicken, fish, ham, pork, sausage and lamb
- Canned fish/beans
- Pasteurized dairy/eggs
- Peeled fresh fruits and vegetables
- Canned/cooked/frozen fruits and vegetables



Higher risk foods

- Raw or undercooked meat, poultry, fish, eggs
- Raw milk, unpasteurized/soft cheeses (Brie, queso blanco/fresco, blue, Roquefort)
- Raw honey/nuts
- Miso
- Products made with raw eggs (Caesar salad, cookie dough, homemade eggnog)
- Cereals or grains from bulk bins
- Unpasteurized fruit juices
- Lunch meat or hot dogs (unless heated to steaming)



If you eat food contaminated by germs, you can get a foodborne illness. Safe food handling practices can help you reduce your risk. Food safety is especially important if you have cancer.



Temperature Check

Use a cooking thermometer to check temperatures and ensure foods are cooked thoroughly.

- Red meats (beef, pork, lamb, veal) should reach an internal temperature of 145 degrees Fahrenheit
- Ground beef and poultry should reach at least 165 degrees Fahrenheit
- Casseroles and leftovers should reach at least 165 degrees Fahrenheit

Once prepared ...

- Keep hot foods hot (above 140 degrees Fahrenheit)
- Keep cold foods cold (below 40 degrees Fahrenheit)



For more information, call 310-891-6707 or visit [TorranceMemorial.org/nutrition](https://www.torrancememorial.org/nutrition).
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Tips for safe food handling

- 1 Wash hands with soap and water before and after preparing/eating food
- 2 Thoroughly wash fresh fruits and vegetables
- 3 Thaw foods in the refrigerator or microwave. Do not thaw foods at room temperature. Cook foods immediately after thawing
- 4 Avoid rare, raw and undercooked foods
- 5 Refrigerate leftover food within two hours of cooking
- 6 Do not buy cans of food that are dented, bulging, rusted or leaking
- 7 Throw away food that has visible spots of mold. Removing mold spots does not make the food safe