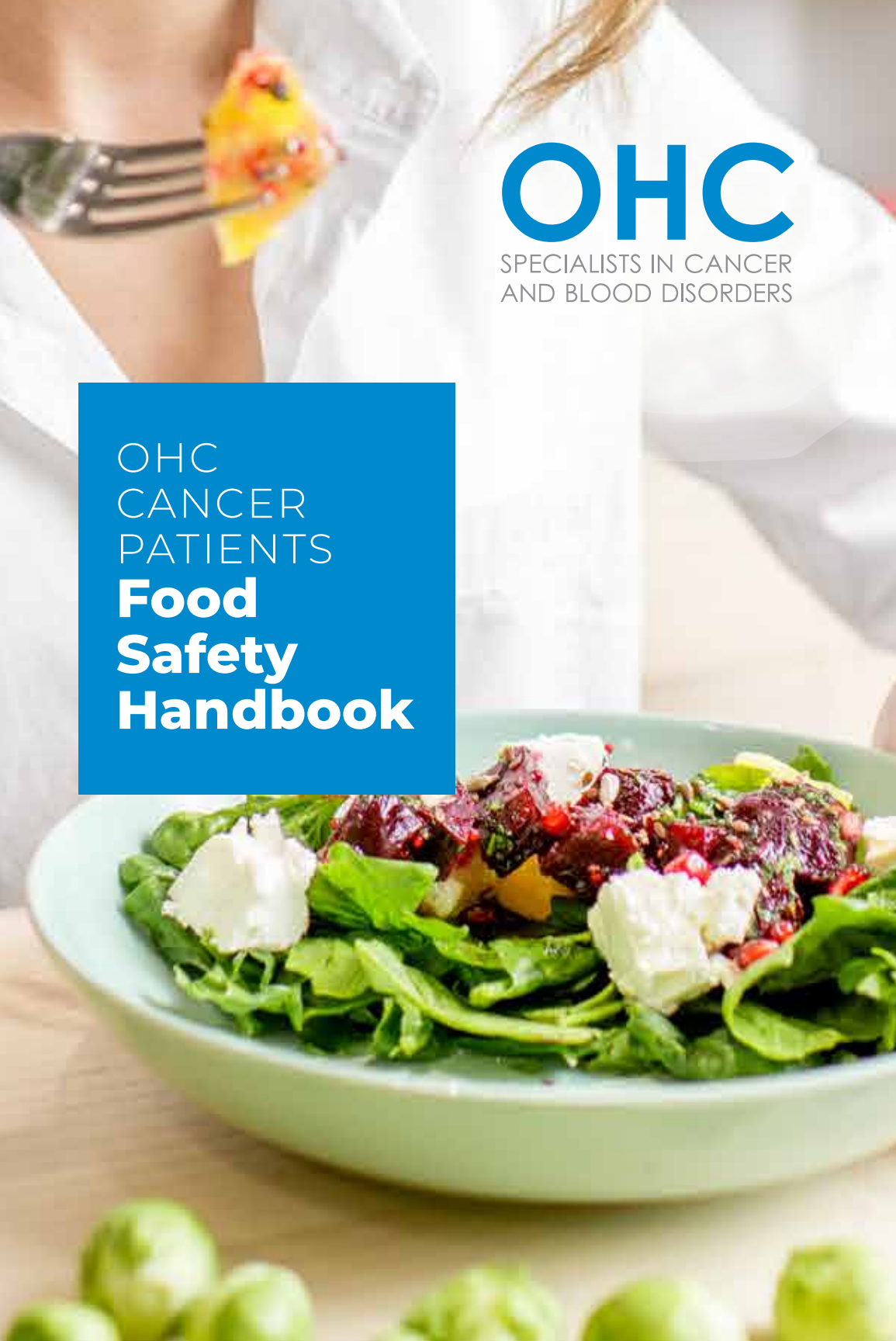

OHC

SPECIALISTS IN CANCER AND BLOOD DISORDERS

OHC CANCER PATIENTS **Food Safety Handbook**

FOOD Safety Tips

Eating well is a critical part of maintaining your strength after a transplant and/or during any cancer treatment. Because your immune system can be affected by cancer treatments, some foods and drinks could put you at higher risk for infection due to risk of food-borne illness. That's why it is so important to follow simple instructions on how to safely choose, prepare and handle food while under treatment and during your recovery phase. Your OHC team can also help you with some ideas for foods while you are recovering.

WHEN CHOOSING SOMETHING TO EAT:

THESE FOODS ARE LOW RISK AND GENERALLY SAFE TO EAT.

DAIRY & EGGS

- Pasteurized foods like milk, eggs, yogurt, cottage cheese, tofu and refrigerated juice. Look for the word "pasteurized" on the label
- Commercially packaged hard and semi-soft cheeses, including cheddar, mozzarella, parmesan, swiss and Monterey Jack

FRUITS & VEGETABLES

- Washed fruits and vegetables
- Cooked vegetables, including sprouts
- Pasteurized 100% fruit juice or cider

MEAT, POULTRY, SEAFOOD AND MEAT SUBSTITUTES

- Meat or poultry cooked to a safe internal (inside) temperature
- Seafood, when handled properly and cooked to a safe internal temperature

PACKAGED FOODS

- Prepared, packaged foods in boxes, cans or frozen, like fruits and vegetables
- Roasted and shelled nuts (look for word "roasted" on labels)
- Commercially packaged peanut, almond and soy butter
- Commercially packaged breads and cereals
- Prepared snack foods like pretzels, popcorn and tortilla chips
- Honey

FOOD SAFETY TIPS

THESE FOODS ARE HIGH RISK AND GENERALLY NOT RECOMMENDED AS SAFE TO EAT.

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DAIRY & EGGS

- Unpasteurized (raw) milk, cheese, yogurt and other milk-products
- Soft cheeses made from raw milk, such as feta, Brie, or queso fresco
- Cheeses processed with molds (e.g. blue, stilton)
- Foods that contain raw or undercooked eggs, such as homemade raw cookie dough, homemade eggnog or homemade Caesar salad dressing

FRUITS & VEGETABLES

- Unwashed fruits and vegetables
- Fruits and vegetables with visible mold, bruises or bad spots
- Raw sprouts, such as alfalfa or bean sprouts
- Unpasteurized 100% juice or cider

MEAT, POULTRY, SEAFOOD AND MEAT SUBSTITUTES

- Raw or undercooked meat, poultry, fish/shellfish, game or raw tofu
- Refrigerated smoked or pickled fish
- Hot dogs, deli meats and luncheon meats that have not been reheated
- Refrigerated patés or meat spreads

PACKAGED FOODS

- Frozen foods that are not frozen solid
- Foods in damaged packaging
- Expired foods (always check expiration date on packaging)
- Bulk foods or items from self-service bins
- Unroasted nuts or nuts in the shell

FOOD Safety Tips

When you're preparing/cooking foods:

- **Hand-washing:** Wash hands well before, during and after making/eating food.
- **Do not share** your food with other people.
- **Wash all raw foods** before eating them.
- **Check all food** for bruises, broken skins, rot and mold.
- **DO NOT EAT** food that looks or smells bad.
- **Keep cold foods cold** – less than 40° F (4.4° C)
- **Keep hot foods hot** – more than 140° F (60° C)
- **Clean all cooking utensils, pots, pans and dishes completely** before and after use.
- **Do not keep leftovers** in refrigerator for more than **2 DAYS**.

FOOD Safety Tips

When you're choosing something to drink:

- **Water:** Most tap water is safe to drink. If you get your water from an uncertified well or are worried about your water quality, boil your water before drinking it or using it for food preparation, use bottled water instead.
- **Alcohol:** Alcohol could interact with the medicines you are taking. Talk to your doctor before having a beer, glass of wine or other drinks with alcohol.

When you're eating away from home:

If you go out for a meal, there are extra precautions you may need to take. But first, talk with your doctor about when it's safe for you to eat away from home.

Places to avoid:

- Delis
- Salad bars, buffets and potlucks
- Street or sidewalk vendors (food trucks, food stands, etc.)

Restaurant tips:

- Avoid crowds by calling ahead and visiting during less busy times.
- Ask how your food will be prepared and if it contains raw eggs, meat or fish.
- If you order meat, ask that it be cooked until well done.

When you're storing and preparing food:

Storing and preparing food in the right way is just as important as the foods you eat. If you have any questions about storing or preparing your food safely, talk to your dietician.

Tips for food storage:

- Bring your groceries home right after leaving the store and immediately put them away.
- Make sure refrigerated foods stay cold, and frozen foods stay frozen until use.
- Throw away expired food and pay close attention to freshness.
- Make and store foods in small portions so they are used up quickly.
- Do not eat leftover foods that have been in the refrigerator for more than 2 days. Put a date on containers so that you know how long they've been there.
- Do not eat foods that have been left out of the refrigerator for 2 or more hours.

Safe temperature recommendations:

145°F	• Beef, port, veal, lamb (steaks, chops and roasts), fish
160°F	• Ground beef, pork, veal, or lamb • Casseroles and egg dishes
165°F	• Chicken, turkey and duck (whole, pieces and ground) • Luncheon/deli meats or hot dogs • Leftovers

If you have additional questions, please speak with your OHC doctor or another member of your OHC care team.

Notes: _____

OHC Specialties Include

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CAR T-cell Therapy
Clinical Trials and Cancer Research
Cancer Genetic Program
Gynecologic Oncology
Hematology
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Neuro-Oncology
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