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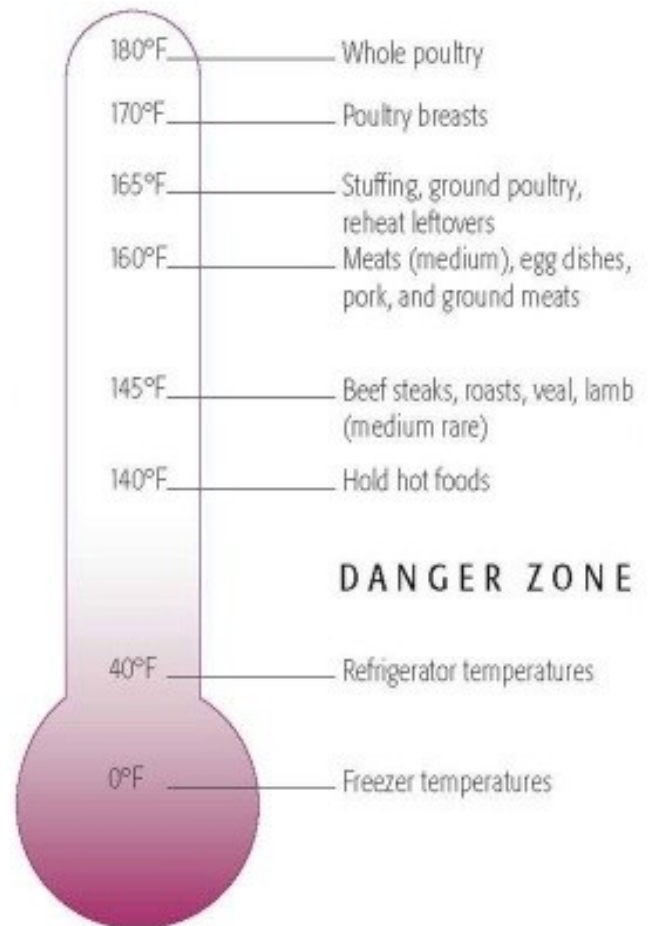


## Food Safety

As we age, our immune system becomes compromised, making it more difficult for our bodies to fight off bacteria that may be present in food. We can decrease the chances of contracting a foodborne illness by following proper food safety procedures and maintaining good hygiene.

### SAFE FOOD HANDLING TIPS

1. Keep food safe—refrigerate or freeze all perishable foods. Refrigerator temperature should be **40° F** or less; freezer temperature should be **0° F** or less.
2. Never thaw food at room temperature (e.g. sitting on the counter). Always thaw food in the refrigerator, cold water, or the microwave. You must cook food immediately after thawing if you thaw in a microwave.
3. Wash hands with warm soapy water before and after preparing, handling, or consuming food. Sing the “Happy Birthday” song in your head twice or say your ABC’s to ensure you are washing your hands for the appropriate length of time.
4. Wash hands, utensils, cutting boards and other work surfaces before and after contact with raw meat and poultry to prevent cross contamination.
5. Wash all fresh fruits and vegetables before cutting or eating.
6. Thoroughly cook raw meat, poultry, and fish to proper cooking temperatures.



### Signs and Symptoms of Foodborne Illness

- Symptoms will occur 1 to 3 days after a foodborne bacteria is consumed.
- Symptoms may include feeling sick to your stomach, experiencing flu-like symptoms (e.g. fever, headache, and body aches), vomiting, and/or diarrhea.

If you experience any of these symptoms, please contact your primary care physician.

### References:

Food and Drug Administration Hotline: 1-888-SAFEFOOD, Food and Drug Administration: <http://www.fda.gov>