

Oncology Nutrition



Food Safety Tips



General Food Safety Tips



WASH YOUR HANDS
WITH SOAP AND WATER
FOR AT LEAST 20
SECONDS BEFORE AND
AFTER PREPARING FOOD
AND BEFORE EATING.



WASH CUTTING BOARDS,
DISHES, UTENSILS, AND
COUNTERTOPS WITH
HOT, SOAPY WATER
BETWEEN THE
PREPARATION OF RAW
MEAT, AND THE
PREPARATION OF ANY
OTHER FOOD THAT WILL
NOT BE COOKED.



BUY PRODUCTS BEFORE
THE "SELL BY" DATE.



HERBAL NUTRITIONAL
SUPPLEMENTS CAN BE
CONTAMINATED,
PURCHASE FROM
REPUTABLE SUPPLIER
AND WITH DIRECTION
FROM HEALTH CARE
PROVIDER



ALWAYS THAW FOOD IN
THE REFRIGERATOR, IN
COLD WATER, OR IN THE
MICROWAVE, NOT ON
THE COUNTER.



REFRIGERATE LEFTOVER
FOOD WITHIN 2 HOURS
OF COOKING.



ONCE A CUTTING BOARD
TOUCHES RAW MEAT
THE BOARD MUST BE
WASHED, EITHER IN A
DISHWASHER OR WITH
HOT, SOAPY WATER AND
RINSING IT WELL.

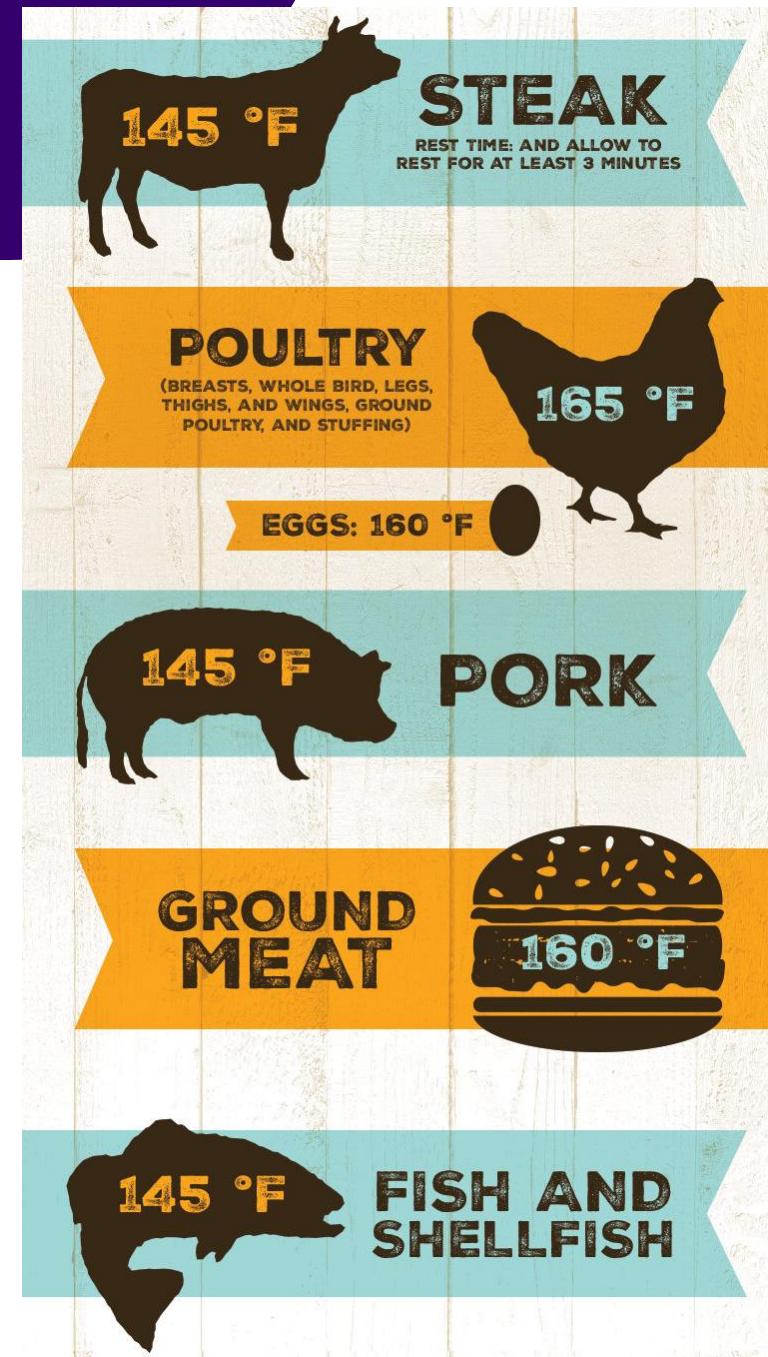
Fruits and Vegetables

- **Rinse all fruits and vegetables under running water.** Includes fruits and vegetables with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be **rubbed by hand or scrubbed with a clean brush while rinsing them under running water.**
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed,” or “triple washed” should **not be washed.**
- **Do not use soap or bleach** to wash fresh fruits or vegetables. These products are not intended for consumption



Meat, Poultry, Fish, and Eggs

- Avoid raw, rare, and undercooked meats, poultry, fish, and eggs.
- Cook eggs until the yolks and whites are firm. Do not eat raw eggs.
- Choose only pasteurized milk and cheeses



Thank You!



MemorialCare