

# 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.**



**BUY PRODUCTS BEFORE  
THE "SELL BY" DATE.**



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



**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.**



**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.**



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



**REFRIGERATE LEFTOVER  
FOOD WITHIN 2 HOURS  
OF COOKING.**

# Fruits and Vegetables

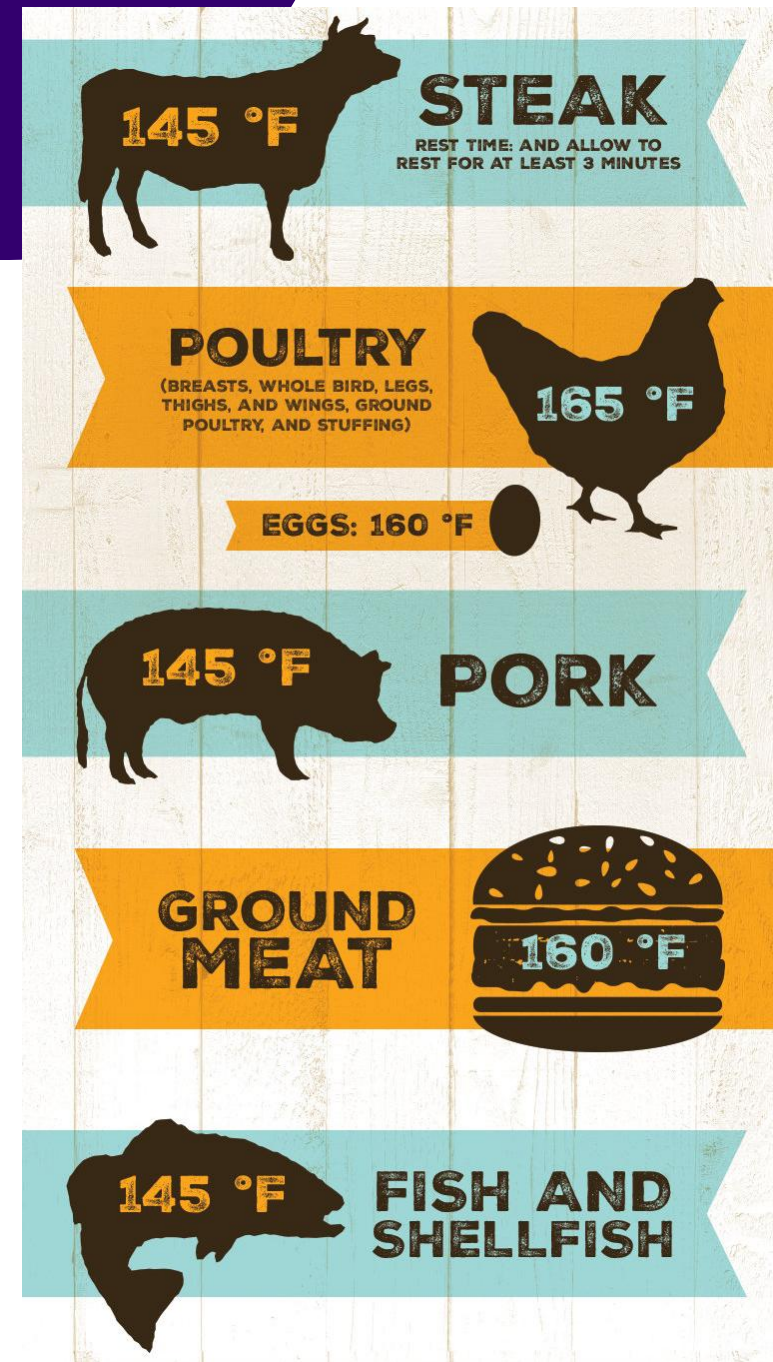
- **Rinse all fruits and vegetables under running water.** Includes fruits and vegetables with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be **rubbed by hand or scrubbed with a clean brush while rinsing them under running water.**
- Packaged fruits and vegetables labeled “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!

