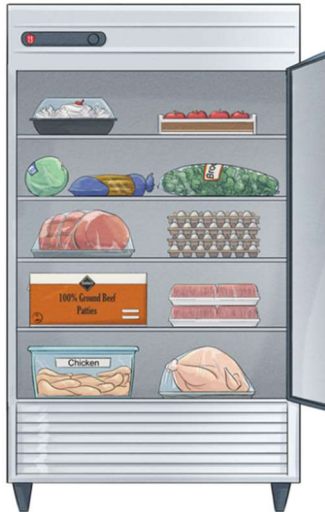


Food Safety

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Storing, handling, and preparing food properly lowers your risk of developing a harmful food borne illness. Storing food properly is one of the first steps. Separate raw meat, poultry, and seafood from ready to eat foods. Use this photo as a guide. Any uncooked poultry and raw beef must be stored on the bottom shelf, then eggs on the shelf above those and fresher items up top. Ready to eat foods should be stored on top shelves.

A foodborne illness is a type of illness that occurs when a person consumes a contaminated food or beverage. A foodborne illness can come from both ready-to-eat foods and cooked foods. Some symptoms are stomach cramps, diarrhea, vomiting or nausea, joint/back aches, general fatigue, and fever but just because a person is experiencing these

symptoms may not automatically mean they have a foodborne illness.

Keep hot food hot and cold food cold. Cooking food to the correct internal temperature is important as well. Use a thermometer to check if your food reaches the desired temperature.

- Ground meat: 160°F
- All poultry: 165°F
- Pork and ham: 145°F minimum
- Leftovers and casseroles: 165°F
- Seafood: 145°F or until flesh is opaque
- Egg dishes: 160°F

Sanitation is also important when cooking and eating foods. To prevent foodborne illnesses while handling foods, follow these 4 tips:

- Clean all surfaces and utensils used
- Wash your hands with soap and water
- Rinse fresh fruits and vegetables
- Wash cutting boards between uses

Some foods have a higher risk of making people sick, such as:

- Soft cheeses from unpasteurized milk
- Raw meat, poultry, eggs, or seafood
- Unwashed fresh vegetables
- Unpasteurized (raw) milk
- Unheated hot dogs, deli meats, lunch meats
- Raw sprout