

Foodborne Illness Can Cause More than Stomach Ache

MyPyramid Food Safety Guidelines

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Each year in the United States, 76 million people become sick from foodborne illnesses and 5,000 people die. Some possible signs and symptoms you have a foodborne illness include:

- Upset stomach
- Fever
- Diarrhea
- Vomiting
- Dehydration (sometimes severe)

Don't count on sight, smell and taste to test for food safety. A "tiny taste" may not protect you — as few as 10 bacteria could cause some foodborne illness! It can take ½ hour to 6 weeks to become sick from unsafe foods. You may become sick later even if you feel OK after eating.

Some people have a greater risk for foodborne illnesses. A food you safely eat might make others sick. People with a higher risk of foodborne illness include:

- Infants
- Pregnant women
- Young children and older adults
- People with weakened immune systems and individuals with certain chronic diseases

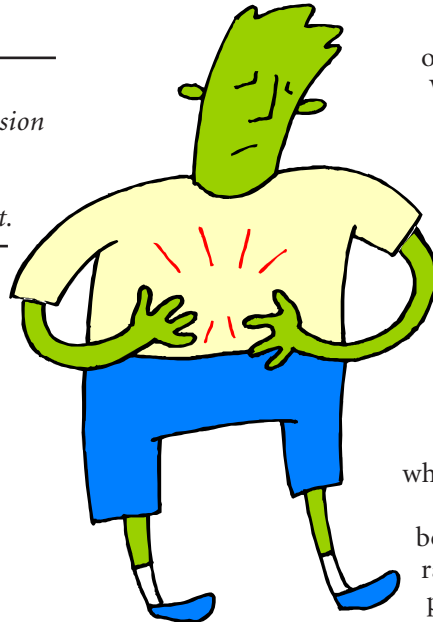
Increase your odds of preventing a foodborne illness in YOUR HOME! The 2005 USDA Dietary Guidelines give five "Key Recommendations" for food safety:

1. Clean

CLEAN hands and food-contact surfaces. Handwashing is the most effective way to stop the spread of illness.

Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food and before going on to the next.

Avoid spreading bacteria!
Use paper towels



or clean cloths to wipe up kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine and dry in a hot dryer. Dirty dishcloths spread bacteria.

Do NOT wash raw meat and poultry. Washing increases the danger of cross-contamination, spreading bacteria present on the surface of meat and poultry to ready-to-eat foods, kitchen utensils, and counter surfaces.

2. Separate

SEPARATE raw, cooked, and ready-to-eat foods while shopping, preparing or storing foods.

Use different cutting boards — use one cutting board for raw meat, poultry and seafood ...

and a separate one for fresh produce.

NEVER serve foods on a plate that previously held raw meat, poultry or seafood unless the plate has first been washed in hot, soapy water.



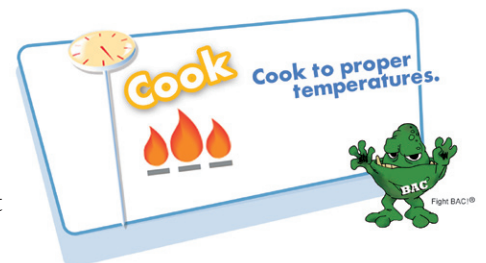
3. Cook

COOK foods to a safe temperature to kill microorganisms. For more information about using food thermometers, visit this Web site, www.IsItDoneYet.gov

The ONLY way to know food has been cooked to a safe internal temperature is to use a food thermometer! 1 out of 4 hamburgers turns brown before it has been cooked to a safe internal temperature.

There are many types of food thermometers:

- Instant-read digital
- Dial instant-read
- Dial oven-safe
- Oven probe with cord
- Disposable temperature indicators (single-use)
- Thermometer-fork combination



USDA Recommended Safe Minimum Internal Temperatures



Steaks & Roasts
145 °F



Fish
145 °F



Pork
160 °F



Ground Beef
160 °F



Egg Dishes
160 °F



Chicken Breasts
165 °F



Whole Poultry
165 °F

To place a food thermometer:

- Place in the thickest part of food.
- Do NOT touch bone, fat, or gristle.
- Begin checking temperature toward the end of cooking, but before the food is expected to be “done.”
- For irregularly shaped food – such as with a beef roast – check the temperature in several places.
- Clean thermometer with hot soapy water before and after each use!
- For thinner foods such as meat patties, pork chops and chicken breasts, a DIGITAL instant-read food thermometer should be used if possible – as it doesn’t have to be inserted as far as a DIAL instant-read thermometer.

Chill

CHILL (refrigerate) perishable foods promptly and defrost foods properly.

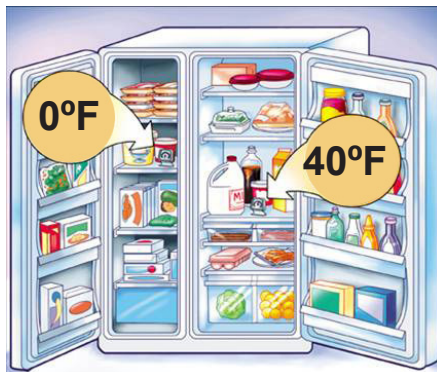
Refrigerate perishable foods so TOTAL time at room temperature is less than TWO hours or only ONE hour when temperature is above 90 degrees F.

Perishable foods include:

- Meat, poultry, fish, eggs, tofu
- Dairy products
- Pasta, rice, cooked vegetables
- Fresh, peeled/cut fruits and vegetables

Bacteria multiply rapidly between 40 and 140 degrees F.

Cool food in shallow containers — limit depth of food to 2 inches or less.



The recommended temperature for refrigerators is 40 degrees F or below, and for freezers, 0 degrees. Place an appliance thermometer in the refrigerator AND freezer! Check temperature regularly – at least once a week.

Plan ahead to defrost foods. The best way to thaw perishable foods is in the refrigerator.

Refrigerated leftovers may become unsafe within 3 to 4 days. **If in doubt, toss it out!**

Avoid

AVOID:

- Raw (unpasteurized) milk or milk products
- Raw or partially cooked eggs and foods containing raw eggs
- Raw and undercooked meat and poultry
- Unpasteurized juices
- Raw sprouts

Cleaning fruits & vegetables:

1. Remove and discard outer leaves.
2. Rinse under clean, running water just before preparing or eating.
3. Rub briskly – scrubbing with a clean brush or hands – to remove dirt and surface microorganisms.
4. Don't use soap or detergent.
5. After washing, dry with a clean cloth or paper towel.
6. Moisture left on produce may promote survival and growth of microorganisms. Drying is critical if food won't be eaten or cooked right away.
7. Cut away bruised and damaged areas.



Based on information provided by:
United States Department of Agriculture
United States Department of Health & Human Services

For more information, visit:
<http://www.mypyramid.gov>
<http://www.fsis.usda.gov>
<http://www.healthierus.gov/dietaryguidelines>