ND FOOD SAFET

About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.

What May Make You Sick?

most common food pathogens that affect older adults and where they're found:

E. COLI 0157:H7





contaminated raw fruits and vegetables, and water



Person-toperson contact





Unpasteurized (raw) milk



Raw or undercooked meat, poultry or shellfish



Untreated or contaminated water

SALMONELLA





Raw or undercooked eggs, poultry or meat



Unpasteurized (raw) milk or juice



Cheese and seafood



Fresh fruits and vegetables

Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?



Medication side effects (like a weakened immune system)



Changes in functioning of organs like liver and kidneys



Underlying chronic conditions (such as diabetes or kidney disease)



Age-related changes to GI tract

Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:



"SELL BY" DATE:

Buy the product before this date. It is safe to eat after this date.



BEST IF USED BY/USE-BY:

This is the last date recommended for best flavor or quality.

When in doubt, throw it out.



Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

To learn more visit www.fsis.usda.gov and search "product dating."

Foods to Avoid

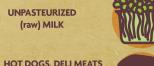


SOFT CHEESES made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)



RAW OR UNDERCOOKED MEAT. POULTRY. **EGGS OR SEAFOOD**







SPROUTS



UNWASHED FRESH **VEGETABLES**





PATES unpasteurized/ refrigerated pates

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. With all foods, follow these tips:



CLEAN:

Clean surfaces, utensils and hands with soap and warm water.



SEPARATE:

Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.



соок:

Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.



CHILL:

Chill raw and prepared foods promptly if not consuming after cooking.









