

Jamison: Patient Education and Wellness

HANDOUT 20.4: FOOD SAFETY

Tips for reducing the risk of food poisoning:

- ☐ limit the time food spends between 5°C and 55°C to less than 90 minutes
- ☐ keep cooked and uncooked food separate. There should be no contact between raw and cooked meat
- ☐ wash hands before preparing food
- ☐ store food in cool dry areas, refrigerate or freeze food as required
- ☐ use food prior to the 'use by' date
- ☐ read food labels
- ☐ discard blown tins
- ☐ avoid food which tastes, smells or looks 'off', e.g. green potatoes
- ☐ avoid eating an excessive amount of any single food
- ☐ limit foods rich in tyramine, e.g. aged cheese, beer, pickled herring, meat extracts
- ☐ avoid or limit foods rich in psychoactive amines, e.g. nutmeg, Mexican mushrooms or yams, unless appropriately prepared

See Handouts 19.6 & 19.7

<http://www.cfsan.fda.gov/~lrd/advice.html#prepare>

<http://www.webmd.com/video/truth-about-washing-greens>