

Food Safety Tips for Transplant Recipients

Factors Leading to Foodborne Illness & How to Prevent Them

Food from Unsafe Sources

Make healthy and safe food choices!

Avoid unpasteurized dairy products, properly prepare raw vegetables & fruits, and drink safe water.

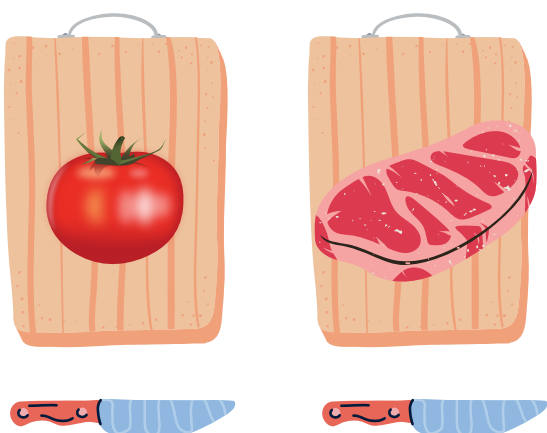
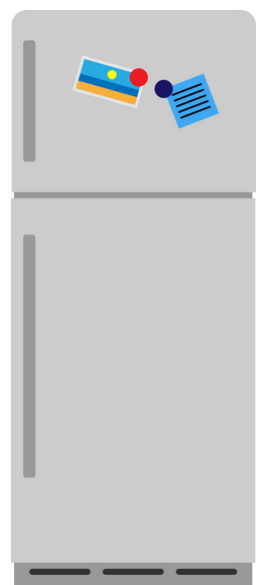
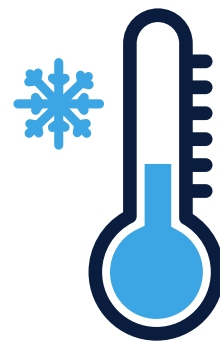


Inadequate Cooking

Cook food at the recommended temperature! Undercooked meat, poultry, & seafood can lead to illness

Improper Holding Temperature

Store food at the proper temperature! Refrigerate perishable food and thaw frozen food safely in the refrigerator, cold water, or in the microwave.



Contamination

Prepare food with clean utensils and equipment in a sanitized space! Separate foods to avoid cross-contamination.

Poor Hygiene

Make sure to wash your hands and surfaces often! Wash hands BEFORE and AFTER preparing food and eating, and wash all utensils and cutting boards.

