

Food Safety 101: How to Keep Your Meals Safe

Why is Food Safety important?

Food safety is of utmost importance when it comes to maintaining a healthy and nutritious diet. Unsafe foods can contain different kinds of bacteria, viruses, parasites, and chemical substances that can make you very sick. It is important to know where your food is coming from as well as knowing what temperature to cook certain foods at to kill bacteria.

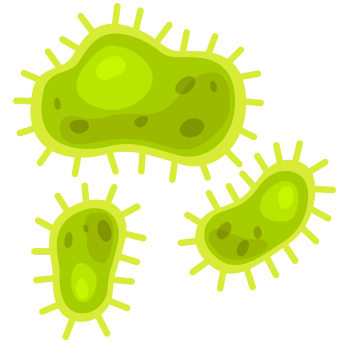


Popular Foodborne Illness' and Their Causes

Food borne illnesses are infectious or toxic and are caused by bacteria, viruses, parasites, or chemical substances entering the body through food consumption. Many foodborne illnesses can lead to long term disability and even death so it is important to know the facts on how to avoid these illnesses.

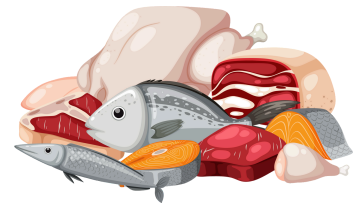
Bacteria:

- Salmonella, Campylobacter, and Escherichia Coli (E. Coli) are the most common foodborne pathogens.
- Symptoms of these include:
 - Fever, headache, nausea, vomiting, abdominal pain, and diarrhea.
- Salmonella occurs mainly from eggs, poultry, and animal products
- Campylobacter illnesses are usually caused by raw milk, raw or undercooked poultry, and drinking water.
- E. Coli is associated with unpasteurized milk, undercooked meat, and contaminated fruits and vegetables.



Viruses:

- Some viruses can be transmitted through food consumption, such as norovirus. Symptoms include:
 - Vomiting, nausea, abdominal pain, and diarrhea.



How To Avoid Foodborne Illness

- Order food that is properly cooked to a safe internal temperature
- Wash your hands before eating
- Avoid lukewarm food. If you're at a buffet and the food is lukewarm when it should be hot, do not eat it. When food is between 40 and 140 degrees fahrenheit it is in the "danger zone" for causing food poisoning.
- Refrigerate leftovers quickly to avoid exposing them to bacteria and other germs. Make sure to eat the leftovers after 3-4 days and then throw them out.
- If at a restaurant, look at food handling practices. If you can see the food being prepared make sure workers are taking precautions for food to be cooked safely such as using proper utensils and gloves.
- Look for food safety certificates when at a restaurant. Proper training should help ensure that workers know the proper precautions when handling food.

Did you know? An estimated 600 million people per year, fall ill after eating contaminated food?

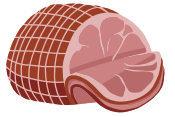


Source: World Health Organization

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Safe Internal Food Temperatures

Different kinds of meats have to be cooked to different temperatures in order to kill all bacteria and germs before consumption. If these meats are not cooked to the proper temperature it increases the risk of contracting different types of foodborne illness such as salmonella, or E. Coli. Below is a chart of temperatures that certain foods should be cooked at!



<u>Food</u>	<u>Type</u>	<u>Temperature (F)</u>
Beef, Bison, Veal, Goat, and Lamb	Steaks, Roasts, Chops	145 Degrees
	Ground Meat and Sausage	160 Degrees
Casseroles	Meat and Meatless	165 Degrees
Chicken, Turkey, and Other Poultry	Whole bird, Breasts, Legs, Thighs, Wings, Ground Poultry, Giblets, Sausage, and Stuffing Inside Poultry	165 Degrees
Eggs	Raw Eggs	Cook Until Yolk and White are Firm
	Egg Dishes (Frittata & Quiche)	160 Degrees
	Casseroles	165 Degrees
Ham	Raw Ham	145 Degrees
	Precooked Ham	165 Degrees
Leftovers	Any Kind	165 Degrees
Pork	Steaks, Roasts, Chops	145 Degrees
	Ground Meat and Sausage	160 Degrees
Seafood	Fish	145 Degrees
	Shrimp, Lobster, Crab, Scallops	Cook Until Flesh is Pearly White or Opaque
	Clams, Oysters, Muscles	Cook Until Shells Open During Cooking

Sources: Foodsafety.gov & The Centers for Disease Control and Prevention (CDC)
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