



HIV, Nutrition, and Health

A Healthy Lifestyle Starts with Nutrition!

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Food Safety

Food safety is important to practice year-round, but especially in the warm summer months! Keeping food safe is essential for our health by preventing contamination and preventing illness from consuming unsafe foods.

Due to a variety of factors, including warmer temperatures, foodborne illness increases in the summer. Stay healthy and safe by following these recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.

- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and lunch meats or sandwiches; summer salads; cut up fruit and vegetables; and perishable dairy products
- A full cooler will maintain its cold temperature longer than a partially filled one. Keep cooler in the shade.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting

boards and utensils for raw meat and ready-to-eat items like vegetables or bread

- Keep perishable food cold until it is ready to cook



Know the Symptoms

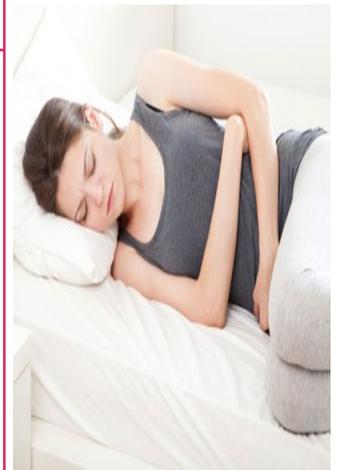
Common symptoms of various foodborne illnesses include abdominal cramps, diarrhea, fever, nausea, and vomiting. Onset of symptoms can start within hours, or even days, after exposure.

Causes of Food Poisoning

Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.

Parasites get nourishment and protection from other living organisms known as hosts. Many of these organisms can be transmitted by water, soil, or person-to-person contact.

Some cases of food poisoning can be linked to either **natural toxins** (such as those in some mushrooms) or **chemical toxins** (such as pesticides). **Molds** can produce toxins that cause illness.



Schedule an appointment with the nutritionist:

Olivia Lincoln, MS, RDN, CDN
(203)855-9535 ext. 106

For more food safety information visit:

- <http://www.foodsafety.gov>
- <http://www.choosemyplate.gov/food-safety>
- <http://www.fda.gov/food>



Safe Food Handling

HIV and its related conditions can put you at greater risk for many types of infections. Individuals with HIV or AIDS may be subject to lengthier illnesses and hospitalization. Safe food handling is crucial to prevent infections brought on by disease-causing bacteria and other pathogens in food and water.

Handling foods properly during preparation and cooking to safe temperatures will significantly minimize your risk of foodborne illness.

Step 1: CLEAN: Wash hands and surfaces often

To ensure that your hands and surfaces are clean, be sure to:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food, and after using the bathroom, changing diapers, or handling pets
- Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after preparing each food item and before you go on to the next food
- Rinse fresh fruits and vegetables under running tap water
- With canned goods, remember to clean lids before openings

Step 2: SEPARATE: Separate raw meats from other foods

Cross-contamination can occur when bacteria are spread from one food product to another.

To prevent cross-contamination, remember to:

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood
- Never place cooked food on a plate that previously held raw meat, poultry, or eggs.
- Don't reuse marinades used on raw foods unless you bring them to a boil first

Step 3: COOK: Cook to the right temperatures

To ensure that foods are cooked safely, always:

- Use a food thermometer to measure internal temperature of cooked foods

- Cook ground meat or ground poultry until it reaches a safe internal temperature. Color is not a reliable indicator of doneness.
- Cook eggs until yolk and white are firm.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking.
- Bring sauces, soups, and gravy to a boil when reheating

Step 4: CHILL: Refrigerate foods promptly

To chill foods properly:

- Do not overstuff your refrigerator
- Keep refrigerator between 40 degrees F and 32 degrees F
- Get perishable foods into the fridge or freezer within 2 hours, Cut this down to 1 hour in the summer months