



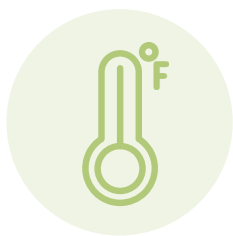
# Food Safety During Cancer Treatment

Cancer treatment can weaken your immune system, making it harder for your body to fight infections. To protect yourself, we recommend:



## Hand Hygiene

- Wash your hands before and after preparing food or eating.



## Temperature control

- Refrigerate foods below 40°F (4°C)
- Keep hot foods above 140°F (60°C) and cold foods below 40°F (4°C). Thaw meats in the microwave or refrigerator, not at room temperature



## Food preparation

- Wash fruits and vegetables under running water
- Use different utensils for tasting and stirring while cooking
- Don't eat raw vegetable sprouts



## Cross-contamination prevention

- Use a clean knife for different foods
- Store raw meat separately from ready-to-eat foods
- Clean counters and cutting boards with hot, soapy water

**Reference:** "Food Safety during Cancer Treatment."

[www.cancer.org](http://www.cancer.org), 15 July 2019, [www.cancer.org/cancer/survivorship/coping/nutrition/weak-immune-system.html](http://www.cancer.org/cancer/survivorship/coping/nutrition/weak-immune-system.html).