

# FOOD POISONING

## Patient Information Fact Sheet

### What causes food poisoning?

Raw produce or food that is not properly cooked can cause foodborne illness. These foods can be contaminated with bacteria and viruses (*Norovirus*, *Campylobacter*, *Salmonella*, *Staphylococcus* or *E. coli*), parasites (*Toxoplasma gondii*), mold, or contain toxins (pesticides, mushroom toxin). An estimated 48 million cases of foodborne illness occur annually in the United States.

### How do I get food poisoning?

Food poisoning may occur from consuming:

- Raw fishes or oysters
- Undercooked meats or eggs
- Any food prepared using cooking utensils, cutting boards and other tools that are not fully cleaned
- Water from a well or stream, or city or town water that has not been treated
- Dairy products or food containing mayonnaise (eg, coleslaw or potato salad) that have been out of the refrigerator for too long

### What are the symptoms of food poisoning?

Symptoms of food poisoning range from diarrhea—long-term health problems or even death. Common symptoms include nausea and vomiting, dehydration, watery, non-bloody diarrhea, fever, upset stomach and abdominal cramps. In most cases, symptoms go away on their own within 2–3 days. Contact your health care provider if the following occurs as your infection may be serious:

- Diarrhea along with high fever ( $> 101.5^{\circ}\text{F}$ )
- Blood in the stool
- Unable—rehydrate because of consistent vomiting
- Signs of dehydration (decrease in urination, dry mouth, and feeling dizzy when standing up, or having diarrhea for more than 3 days)

### How is food poisoning treated?

- Self-care: In most cases, food poisoning will go away after a few days. It is important—ensure adequate fluid and electrolyte balance by drinking more water and replenishing electrolytes. Rehydralyte and Ceralyte are oral rehydration solutions available over the counter. Diluted fruit juice, soft drinks, broths or soups, and saltine crackers are also alternatives.
- If you have diarrhea and are unable—keep down fluids, you may need—get fluids through a vein (by IV).

- Most people fully recover from the most common types of food poisoning within 12–48 hours.
- If symptoms get worse or persist for more than 7 days, consult your health care provider for antibiotic treatment.

### What are some preventative measures I can take?

Preventative steps can be taken—reduce the risk of food being contaminated with germs:

- Clean up spills immediately and wash hands with soap and warm water
- Separate raw meat, fish, and poultry from other food such as fruits and vegetables that will not be cooked
- Cook food—a safe minimum temperature according—the reference chart below
- Chill all food in the refrigerator or freezer accordingly. Don't leave meat, fish, poultry, or cooked food sitting for more than 2 hours at room temperature.

Other precautions you may take are:

- Always check the “Sell-By” date (you should buy the product before the date expires) and “Use-By” date (the last date recommended for the use of the product) of your food purchases
- When traveling, keep cold food at about 40 F or below by placing food in a cooler with ice or frozen gel packs.
- When eating out, ask if the food contains any uncooked ingredients and also ask how the food has been cooked.

### Further Information

Food safety: Your Gateway—Federal Food Safety Information:

<http://www.foodsafety.gov/poisoning/index.html>

Centers for Disease Control and Prevention: <http://www.cdc.gov/features/befoodsafe/>

United States Department of Agriculture – Food Safety and Inspection Service:

[http://www.fsis.usda.gov/Fact\\_Sheets/Basics\\_for\\_Handling\\_Food\\_Safely/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Basics_for_Handling_Food_Safely/index.asp)

Food poisoning. U.S. National Library of Medicine. January 10, 2011:

[http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002618/#adam\\_001652.disease.symptoms](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002618/#adam_001652.disease.symptoms). May 22, 2013

People at Risk. U.S. Food and Drug Administration. March, 16, 2013:

<http://www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm312565.htm>. May 22, 2013

Following are two charts, one titled *Safe Minimum Cooking Temperatures* and another titled *Meat and Poultry Roasting Chart* that you may use as reference—help minimize your risk of getting food poisoning.

## Clinical Charts for Food Safety

### 1. Safe minimum cooking temperatures

<http://www.foodsafety.gov/keep/charts/mintemp.html>

| SAFE MINIMUM COOKING TEMPERATURES |                                    |   |           |
|-----------------------------------|------------------------------------|---|-----------|
| Category                          | Food                               | Temperature (°F)  | Rest Time |
| Ground meat & meat mixtures       | Beef, Pork, Veal, Lamb             | 160   | None      |
|                                   | Turkey, Chicken                    | 165   | None      |
| Fresh Beef, Veal, Lamb            | Steaks, roasts, chops              | 145   | 3 min     |
| Poultry                           | Chicken & Turkey, whole            | 165   | None      |
|                                   | Poultry breasts, roasts            | 165   | None      |
|                                   | Poultry thighs, legs, wings        | 165   | None      |
|                                   | Duck & Goose                       | 165   | None      |
|                                   | Stuffing (cooked alone or in bird) | 165   | None      |
| Pork and Ham                      | Fresh pork                         | 145   | 3 min     |
|                                   | Fresh ham (raw)                    | 145   | 3 min     |
|                                   | Precooked ham (to reheat)          | 140   | None      |
| Eggs & Egg Dishes                 | Eggs                               | Cook until yolk and white are firm                                  | None      |
|                                   | Egg dishes                         | 160   | None      |
| Leftovers & casseroles            | Leftovers                          | 165   | None      |
|                                   | Casseroles                         | 165   | None      |
| Seafood                           | Fin Fish                           | 145 or cook until flesh is opaque and separates easily with a fork. | None      |
|                                   | Shrimp, lobster, and crabs         | Cook until flesh is pearly and opaque.                              | None      |
|                                   | Clams, oysters, and mussels        | Cook until shells open during cooking.                              | None      |
|                                   | Scallops                           | Cook until flesh is milky white or opaque and firm.                 | None      |

## 2. Meat and poultry roasting chart

<http://www.foodsafety.gov/keep/charts/meatchart.html>

| MEAT AND POULTRY ROASTING CHART |  |                |                      |                             |           |
|---------------------------------|--|----------------|----------------------|-----------------------------|-----------|
| CATEGORY                        | MEAT   | OVEN TEMP (°F) | TIMING (APPROXIMATE) | SAFE MIN INTERNAL TEMP (°F) | REST TIME |
| Beef, fresh                     | rib roast, bone in (4–6 lbs)   | 325            | 23–25 min per lb     | 145                         | 3 min     |
|                                 | rib roast, boneless, rolled (4–6 lbs)  | 325            | 28–33 min per lb     | 145                         | 3 min     |
|                                 | round or rump roast (2 ½–4 lbs)  | 325            | 30–35 min per lb     | 145                         | 3 min     |
|                                 | tenderloin, whole (4–6 lbs)  | 425            | 45–60 min total      | 145                         | 3 min     |
| Lamb, fresh                     | leg, bone in (5–7 lbs)   | 325            | 20–25 min per lb     | 145                         | 3 min     |
|                                 | leg, bone in (7–9 lbs)   | 325            | 15–20 min per lb     | 145                         | 3 min     |
|                                 | leg, boneless, rolled (4–7 lbs)  | 325            | 25–30 min per lb     | 145                         | 3 min     |
| Veal, fresh                     | shoulder roast, boneless (3–5 lbs)   | 325            | 35–40 min per lb     | 145                         | 3 min     |
|                                 | leg rump or round roast, boneless (3–5 lbs)  | 325            | 35–40 min per lb     | 145                         | 3 min     |
| Chicken, fresh                  | whole roasting hen (5–7 lbs)   | 350            | 2–2 ¼ hrs            | 165                         | none      |
|                                 | breast, halves, bone-in (6–8 oz)   | 350            | 30–40 min            | 165                         | none      |
|                                 | breast, halves, boneless (4 oz)  | 350            | 20–30 min            | 165                         | none      |
|                                 | legs or thighs (4–8 oz)  | 350            | 40–50 min            | 165                         | none      |
| Pork, fresh                     | loin roast, bone-in or boneless (2–5 lbs)<br><b>Tip:</b> when cooked—safe temperatures, fresh pork may still be pink inside—but it will be safe. | 325            | 20–30 min per lb     | 145                         | 3 min     |
|                                 | crown roast (4–6 lbs)  | 325            | 20–30 min per lb     | 145                         | 3 min     |
|                                 | tenderloin (½–1 ½ lbs)   | 425            | 20–30 min total      | 145                         | 3 min     |
| Ham, smoked                     | fresh, cook-before-eating, bone-in, whole (10–14 lbs)  | 325            | 18–20 min per lb     | 145                         | 3 min     |
|                                 | fresh, cook-before-eating, bone-in, half (5–7 lbs)   | 325            | 22–25 min per lb     | 145                         | 3 min     |
|                                 | fully cooked, bone-in, whole (10–14 lbs)   | 325            | 15–18 min per lb     | 140                         | none      |
|                                 | fully cooked, bone-in, half (5–7 lbs)  | 325            | 18–24 min per lb     | 140                         | none      |
|                                 | fully cooked, spiral cut, whole or half (7–9 lbs)  | 325            | 10–18 min per lb     | 140                         | None      |

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