

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 to 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°F)
- Blood in the stool
- Unable to 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 to 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 to keep down fluids, you may need to 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.

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› **What are some preventative measures I can take?**

Preventative steps can be taken to 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 to a safe minimum temperature according to 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.gov: www.foodsafety.gov/poisoning/index.html

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

USDA Food Safety and Inspection Service:

www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/basics-for-handling-food-safely/ct_index

National Institutes of Health:

www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002618/#adam_001652.disease.symptoms

FDA: www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm312565.htm.

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

› **Clinical Charts for Food Safety**

1. Safe minimum cooking temperatures

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) Tip: when cooked to 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