

## More High-Risk Foods!

- Raw eggs (throw away any eggs with cracked shells)
- Raw vegetable sprouts
- Raw or non-heat treated honey
- Unroasted nuts and roasted nuts in the shell
- Cold brewed tea made with warm or cold water
- Salad bars at restaurants, delis or supermarkets
- Fresh salad dressings (in the refrigerated case) that contain aged cheese or raw eggs
- Fresh salsas (in the refrigerated case)
- Unpasteurized commercial fruit or fruit juices or ciders
- Unpasteurized beer
- Raw brewer's yeast
- All miso products, tempeh, and maté tea
- Uncooked tofu

Adapted from American Cancer Society

## Where can I get more information?

- Your health care provider
- Your local health department
- New Jersey Department of Health and Senior Services  
[www.nj.gov/health](http://www.nj.gov/health)
- Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)
- American Cancer Society—Coping with Physical and Emotional Changes-Nutrition  
[www.cancer.org](http://www.cancer.org)

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# Food Safety for People with Weak Immune Systems



## Food safety is important for people with weak immune systems

People can have weak immune systems for many reasons. Cancer treatments, HIV infection, organ transplants and some genetic disorders can be causes. As a result, these people cannot fight infection as well as healthy people can.

Foods that are safe for healthy people to eat may cause illness in people with weak immune systems.

There may be times when your health care provider asks you to avoid certain foods that are more likely to have

harmful bacteria such as *E. coli*, *Salmonella* and *Listeria*. Also, improving the way you handle, store and prepare food can help prevent infections.



## Prevention is best

- Cook raw meat (poultry, beef, pork) until well done.
- Wash raw vegetables well before you peel, slice, or eat.
- Keep raw meat away from vegetables, cooked foods and ready-to-eat foods.
- Do not eat or drink anything made from unpasteurized milk.
- Wash hands, cooking tools and cutting boards after touching uncooked foods.
- Leftovers from meals should be heated well before eating.
- Keep hot foods hot and cold foods cold.
- Avoid foods that are moldy, smell or look strange, or are outdated.
- Defrost foods in the refrigerator or by microwaving, not on a counter top.
- Use defrosted foods right away.



Wash your hands **BEFORE** and **AFTER** touching raw foods to help prevent infections.

## High-Risk Foods

- Deli meats and hot dogs (OK to eat if they are cooked until steaming hot)
- Soft cheese such as queso blanco, queso fresco, queso de hoja, queso de crema, asadero, Feta, brie, Camembert
- Cheeses with molds such as blue cheese, gorgonzola and Roquefort
- Cheeses made with chili pepper or other uncooked vegetables
- Unpasteurized milk or foods made with unpasteurized milk
- Smoked fish such as salmon, trout, whitefish, cod, tuna, or mackerel. They might be called nova-style, lox, kippered, smoked, or jerky. (OK to eat if cooked until steaming hot)
- Fresh pâté or meat spreads (OK to eat if they are from a can)
- Fruits or vegetables sliced at the store. They may not have been washed carefully.
- Raw fish (such as sushi) and raw or undercooked shellfish (such as oysters and clams)