

staying healthy while away from home

Cancer

When dealing with cancer, it's important to follow food safety tips, but what about when you go out to eat? Though you can't control every aspect about the foods you eat out, you can make smarter choices. When it comes to foods not eaten at home, practice the following safe habits.

- Do not eat raw or undercooked animal products, including meat, pork, game, poultry, eggs, and fish.
- Order meats prepared medium to medium-well.
- Choose egg preparation methods that thoroughly cooks the yolk, including scrambled, hard-boiled, fried, or over-hard eggs.
- Avoid eating foods from salad bars or buffets. Food can be left out for long periods of time and exposed to many germs in these types of restaurants.
- Avoid sharing silverware and cups.
- Put any leftover food in a "to-go" container yourself, rather than the server.
- Refrigerate leftovers as soon as you get home. If food has been sitting out for more than 2 hours, discard.
- Choose restaurants that are clean and that are willing to prepare your food to order.

Reheating Leftovers

When reheating leftovers, be sure they reach 165° F. Always use a food thermometer to check the internal temperature of the food. For more information on how to use a food thermometer, check out the [USDA Food Safety and Inspection Service Page](#).

- Reheat sauces, soups and gravies by bringing them to a rolling boil.
- Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.
- Eat leftovers within 1-2 days.

Avoid certain foods, including:

- Unwashed fresh fruits and vegetables
- Raw sprouts, such as alfalfa or bean sprouts
- Cold hot dogs or deli meat. These can pose a risk for a certain foodborne illness called listeria. If you wish to eat these foods, heat until steaming hot.
- Refrigerated pâté
- Raw oysters
- Smoked fish
- Sushi or sashimi
- Unpasteurized beverages, such as raw cider, raw milk, and unpasteurized fruit juices
- Unpasteurized cheeses, like blue cheese, Brie, Camembert, feta, goat cheese and queso fresco
- Foods made with raw eggs, such as homemade ice cream, eggnog, cookie dough, freshly made sauces (aioli, béarnaise, hollandaise, mayonnaise and Caesar salad dressing), mousses, meringues and tiramisu
- Deli prepared salads, like chicken, tuna or egg salad