

# HELPFUL EATING TIPS

a nutrition and daily food guide





#foodismedicine

## **OUR MISSION**

**MEALS ON WHEELS OF CENTRAL INDIANA  
INNOVATES, ADVOCATES AND COLLABORATES  
TO END HUNGER AND MALNUTRITION  
FOR OUR SENIOR, DISABLED AND  
CHRONICALLY ILL NEIGHBORS.**

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HELPFUL  
EATING  
TIPS

# INTRODUCTION

Good nutrition must be part of the plan for living well. There are many reasons to eat healthy foods. Eating a well-balanced diet can help you reach a healthy weight, strengthen your immune system, prevent infection and reduce hospital stays. It also helps the body build and keep muscle, allows medications to work better and enables you to handle the side effects of medications.

Use this booklet to guide your food choices and to learn how diet and lifestyle can help you manage health concerns.

## BENEFITS OF EATING HEALTHY

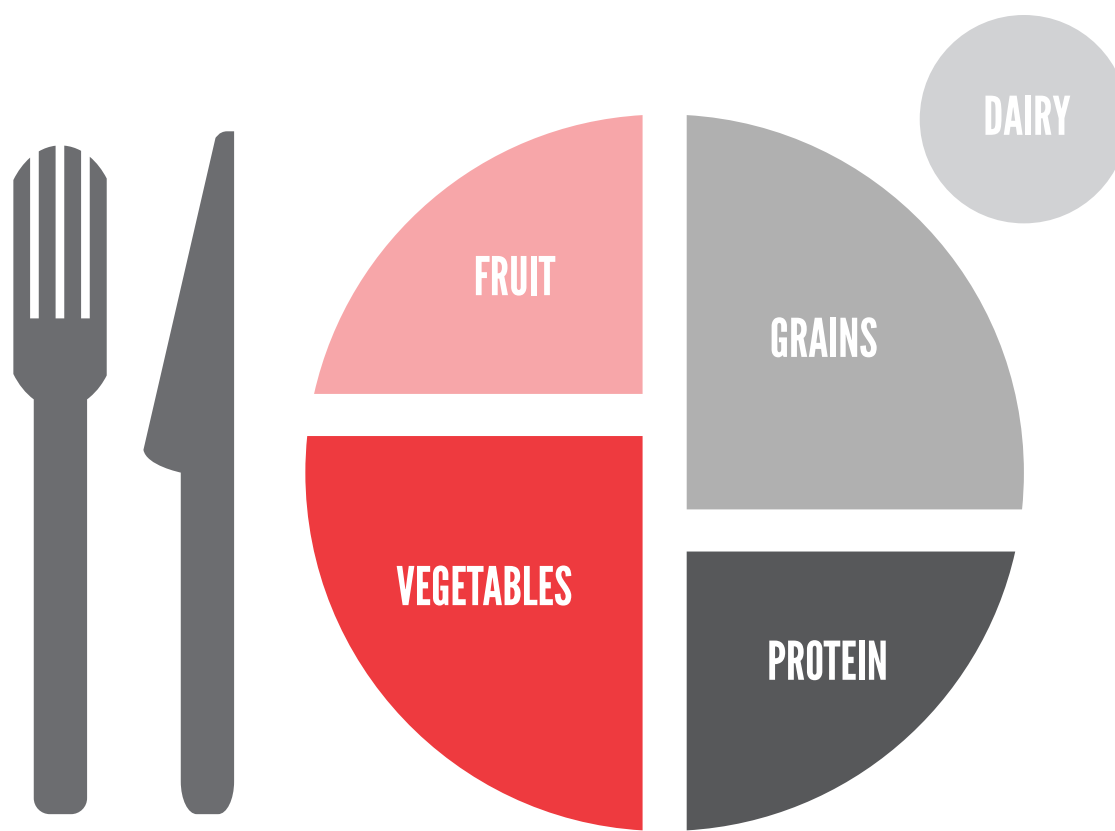
- BOOSTS IMMUNE SYSTEM
- INCREASES ENERGY
- BUILDS AND MAINTAINS MUSCLE
- HELPS ACHIEVE AND MAINTAIN A HEALTHY WEIGHT
- MAKES MEDICATIONS MORE EFFECTIVE
- REDUCES RISK OF OTHER CHRONIC DISEASES, SUCH AS DIABETES, HEART DISEASE AND CANCER

# DAILY FOOD GUIDE

## USING MY PLATE “THE MYPLATE MODEL”

Knowing what types of food you wish to prepare and having ingredients on hand, are key to successful meal planning. The MyPlate model can make planning easier by visualizing a balanced pattern of eating that can be adapted to your needs.

Visit [myplate.gov](http://myplate.gov) or discuss with one of our project assistants at Meals on Wheels to personalize a plan for your stage of life, preferences and situation.



# BEST CHOICES IN EACH FOOD GROUP

## GRAINS

*SERVING = 1 OZ OR 1 SLICE BREAD, 1/2 CUP COOKED CEREAL, GRAIN OR PASTA, 1 CUP CEREAL*

- Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples
- At least 1/2 of all grains eaten should be whole grains. These include whole wheat, brown rice, oatmeal, bulgur and barley.

## VEGETABLES

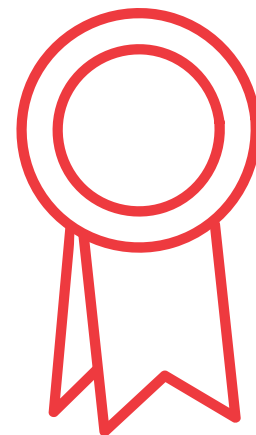
*SERVING = 1 CUP RAW OR COOKED VEGETABLES, 2 CUPS RAW LEAFY GREENS*

- Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw, cooked, fresh, frozen or canned. If using canned, rinse before use to remove excess sodium.
- Mix your colors for more variety and balance of nutrients.
- Include dark green leafy vegetables, such as spinach, kale collards or Romaine lettuce, as often as possible.

## GRAINS

*SERVING = 1 CUP FRUIT OR 100% JUICE, 1/2 CUP DRIED FRUIT*

- Any fruit or 100% fruit juice counts as a member of the fruit group.
- Fruit may be raw, cooked, fresh, frozen or canned. If using canned, select fruits in natural juice or light syrup and/or rinse before use.
- Mix your colors for more variety and balance of nutrients.
- Favor whole fruit rather than juice.



## OILS & FATS

*SERVING = 1 TEASPOON OIL*

- Favor vegetable sources of oil, such as olive oil or canola oil.
- Limit intake of fatty meats and lunch meats, butter, mayonnaise and snack foods like potato chips.
- Whether healthy or not, fats are high in calories. Limit intake of these foods to achieve and maintain a healthy weight.

## MILK

*SERVING = 1 CUP MILK OR YOGURT, 1.5 OZ CHEESE*

- Milk products include not only milk but also yogurt and cheese.
- Favor low-fat or skim products for heart health and/or weight management.

## MEATS & BEANS

*SERVING = 1 OZ MEAT, POULTRY OR FISH, 1/4 CUP DRIED BEANS, 1 EGG, 1 TABLESPOON NUT BUTTER*

- Favor lower-fat protein sources, such as poultry, fish and egg whites.
- Choose lean cuts of meat and trim all visible fat.
- Include plant-based protein sources often, such as tofu, beans, nuts and seeds.

# SAMPLE MENU

The following is based on a 2,000 calorie diet:

## BREAKFAST

- 1 CUP OATMEAL OR 1 WHOLE WHEAT ENGLISH MUFFIN
- 1 EGG
- 1 CUP FRESH FRUIT

## MORNING SNACK

- 4 GRAHAM CRACKERS
- 1 CUP OF REDUCED FAT MILK
- 8 OZ WATER

## LUNCH

- SANDWICH - 3 OZ SMOKED TURKEY BREAST AND 1 OZ SWISS CHEESE AND WHOLE GRAIN BREAD
- 1 CUP MIXED GREEN SALAD WITH TOMATO AND CUCUMBER WITH 1 TABLESPOON DRESSING (OR OIL & VINEGAR)
- 1 FRESH FRUIT
- 8 OZ WATER

## AFTERNOON SNACK

- 6 OZ FRUITED YOGURT
- 8 OZ WATER

## DINNER

- 6 OZ BAKED CHICKEN OR FISH
- 1 CUP MIXED VEGETABLES (FRESH OR FROZEN) COOKED WITH 1 TABLESPOON OIL
- 1 CUP COOKED BROWN RICE
- 8 OZ WATER

## EVENING SNACK

- 1 CUP CELERY STICKS
- 1 TABLESPOON PEANUT BUTTER
- 8 OZ WATER



# WHAT CAN I DO WHEN I DON'T FEEL WELL?

**Eating enough healthy foods each day can help you fight infection and maintain your weight and energy level. If your appetite changes, or if you have symptoms like nausea, vomiting or diarrhea, it may become hard to eat. Be sure to let your medical provider know how you are feeling. Ask your medical provider to help you make healthy food choices. Here are some common concerns and tips on how to manage them.**

## **Managing Poor Appetite**

Poor appetite can be caused by illness, emotional stress, medication, nervousness, loneliness, boredom, anxiety or depression. Having a poor appetite makes it hard to eat enough, resulting in weight and nutrient loss.

- Eat small amounts of food at least six times a day. Try to eat every two to three hours.
- When you go out, carry snacks that won't spoil, such as crackers, bananas and nuts.
- Try some light exercise such as walking. This may make you want to eat more.
- Ask your medical provider about medicine that can make your appetite stronger.
- Nutritional supplements can help you meet caloric needs when your appetite is not good. These come in powders, liquids, puddings or bars. They are best used as a snack between meals. Never use them to replace your meals.

## Managing Diarrhea

Diarrhea is an increased frequency of stools that may be looser than normal bowel movements. It may be caused by what you eat, infections, medications, stress, alcohol or drugs, or illness. Since diarrhea can cause weakness, dehydration and weight loss, it is important to find out what is causing it.

See your doctor if you have diarrhea for more than a few days.

- Drink as many liquids as you can. Include safe water (see page 27), seltzer water, coconut water, Gatorade® and herbal teas. Mix fruit juices and nectars with water.
- Try the BRAT diet: Bananas, Rice (white), Applesauce, Toast (white).
- Bake, broil or stew lean meat or chicken without skin.
- Cook vegetables before eating.
- Drink chicken, vegetable or beef broth. Pour broth over baked chicken with white rice or plain noodles.
- Eat snack foods that are not greasy such as pretzels or salted crackers.
- Eat cream of rice cereal or try congee (rice water).
- Ask your dietitian about a soluble fiber supplement (Metamucil, Benefiber).

### Stay Away From

- Dairy products such as milk, ice cream and cheese
- Fried or greasy foods such as French fries, chips and fried meats
- High fiber and gassy foods such as raw fruits and vegetables, cooked broccoli, cabbage, beans and dried fruits
- Spicy foods
- Caffeine, which is found in coffee, tea, chocolate, cola and some sodas
- Alcohol and illicit drugs

## Managing Constipation

Normal bowel activity varies from person to person, but generally when stools become less frequent or dry and hard to pass, it is considered constipation. Constipation may be a result of not getting enough high-fiber foods, liquids or physical activity. It can also be caused by some illnesses or medications.

- Add more non-caffeinated fluids to your diet.
- Eat high-fiber foods such as whole wheat bread, whole grain cereal, beans, fruits and vegetables.
- Add wheat germ or flax meal to hot or cold cereal.
- Try light exercise, like walking.
- Add dried fruits, like prunes or raisins, to your diet.

## Managing Taste Changes

Taste changes may be caused by aging, the common cold, heavy smoking, injury in the mouth, head or nose, chemo or radiation treatment, medications or dry mouth. Taste problems can also relate to a smell disorder, which makes it hard to identify the flavor of foods.

- Brush your teeth and tongue with a soft toothbrush before and after you eat.
- Before eating, rinse your mouth with a small amount of baking soda mixed with a glass of warm water. Do not swallow.
- Drink tart juices such as cranberry and orange juice before you eat. They may help hide a metallic taste.
- Season your food with oregano, basil or lemon juice.
- Numb your mouth with cold foods such as fruit popsicles.

## Managing Nausea

There are many causes of nausea. When you are experiencing nausea, the following tips might be helpful.

- Eat dry salty foods, such as pretzels or salted crackers.
- Eat six small meals or snacks a day instead of larger ones.
- Drink ginger ale or ginger tea.
- Ask someone else to cook for you if cooking smells bother you.
- Eat foods cold or at room temperature and sit up after eating.

### **Stay away from:**

- Fried or greasy foods, such as chips, buttered popcorn, cheese curls, French fries and fried meats.
- Citrus fruits and juices such as orange and grapefruit.
- Coffee, milk or foods made with milk.

## Managing difficulty swallowing

The causes of swallowing difficulties vary, and treatment depends on the cause. Let your medical provider know if you have problems swallowing. It may indicate a serious medical condition requiring treatment and possibly adjustments to your diet.

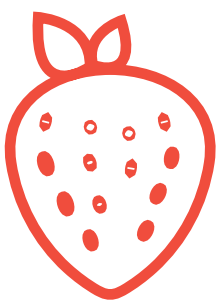
- Choose soft foods, such as mashed potatoes, ground meats, eggs, oatmeal, canned fruits and puddings.
- Use a straw to drink fluids.
- Drink soup from a cup or a glass rather than a bowl.
- Make a nutritious smoothie. See next page for ideas.

### Stay away from:

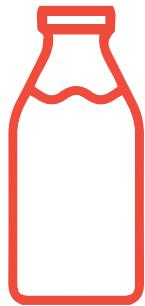
- Sticky or chewy foods, such as raisins and peanut butter
- Dry foods, like toast, crackers and pretzels
- Very hot foods; let foods cool down
- Spicy foods, such as hot sauce
- Tough, fibrous meats

### How to Build a Smoothie

Mix and match your favorite ingredients to create a delicious and nutritious drink!



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## FRUIT

*(select 1 or 2)*

- 1 cup strawberries
- 1/2 banana
- 1 cup blueberries
- 1 cup raspberries

## PROTEIN

*(select 1)*

- 3/4 cup milk or soymilk
- 3/4 cup yogurt
- 12 oz silken tofu (1 box)

## EXTRAS

*(select 1)*

- 2 T finely ground nuts
- 1 T peanut butter
- 1 T ground flaxseeds
- 1 T wheat germ

## SMOOTHIE

## DIRECTIONS

1. If using fresh berries, wash well.
2. Place - cup of ice cubes in blender.
3. Combine all other ingredients in blender.
4. Blend until smooth.

# FOOD, MEDICATION & SUPPLEMENTS

Being well nourished can help your body absorb medications better and reduce the number of side effects that you may experience. If you feel that you are not eating well, please talk to your medical provider.

Many medications can be taken with or without food. Some require that you take them with a meal or snack, or on an empty stomach. Follow the directions carefully so that the medications work their best. Be sure to read the label of each medication or check with your pharmacist or medical provider about how to take your medications.

## **Vitamins and Minerals**

Vitamins and minerals are essential nutrients used in the body for growth, repair and maintenance.

They are found in foods we eat and required in small amounts. People with chronic illnesses may need more than what food provides. This can become critical if food intake is down due to loss of appetite, nausea, vomiting, diarrhea or lack of energy. Poor absorption of nutrients or a low-quality diet also suggests a need for supplementation.

## **Recommendations**

- Take at least 1 multivitamin-mineral supplement daily. Choose one that contains 100% of the U.S. RDI. The RDI is a nutritional standard set by the government to prevent deficiencies and maintain health status.
- Take your vitamin-mineral supplement with food. The vitamins and minerals need protein, fat and carbohydrate to work best in the body. It is also easier on the stomach when taken with food.
- Be careful not to take too much. High doses of certain vitamins and minerals can make you ill, depressing the immune system further. Examples are vitamin A, zinc, iron and selenium.
- Talk to your medical provider before taking high doses of vitamins or minerals to avoid any negative side effects.

## Other Supplements

There are many other supplements that are being studied for their benefit; these include glutamine, N-acetyl-cysteine, omega-3 fish oil, alpha-lipoic acid, acetyl-Lcarnitine, CoQ10, HMB, L-glutamine and L-arginine. Studies are not conclusive as to their benefits or side effects. Check with your health care provider before adding these to your regimen.

## OVER FIFTY

As a result of increased survival rates due to advancements in treatment, as well as to new infections among older adults, more and more people are at higher risk for age-related complications like diabetes, bone loss and cardiovascular disease. The aging process also affects the immune system, making recovery more difficult.

Since decreased muscle mass, memory loss and digestive problems are associated with aging, determining the exact cause can be difficult. It is therefore crucial for those over fifty to eat a healthy diet. A proper diet can help manage illness and prevent or postpone other health issues. Your medical provider can help you put together an individualized plan. For more information about specific issues like weight management, bone health, diabetes, oral health and cardiovascular disease, please see the separate sections of this book.

### Here Are Some Things to Consider:

- Eat protein at every meal – older adults may need more protein to maintain muscle.
- Maintain a healthy weight – balance energy in (food eaten) with energy out (exercise done).
- Stay well-hydrated – one's sense of thirst diminishes with age. Check the color of your urine; it should be a pale yellow color.
- Check your vitamin D and calcium intake – older adults have higher needs for these nutrients. See page 17 for more details.
- Add anti-inflammatory omega-3 fats to your diet N-acetyl-cysteine, omega-3 fish oil, alpha-lipoic acid, acetyl-Lcarnitine, CoQ10, HMB, L-glutamine and L-arginine. Studies are not conclusive as to their benefits or side effects. Check with your healthcare provider before adding these to your regimen.

# OTHER HEALTH CONCERNS

## **Overweight & Obesity**

In the past, a major concern during illness was wasting syndrome, or unintended weight loss. But things have changed. Today, a greater number of people living with illness are overweight or obese. Obesity has negative effects on the immune system and can also cause unwanted health conditions such as heart disease, insulin resistance or diabetes and some cancers.

Managing your weight is an important part of your overall health care. Lifestyle habits such as eating a well-balanced diet (see Daily Food Guide section) and being as active as possible can help achieve optimal weight. Speak with a medical provider to discuss what would be a healthy weight for you and to look at your diet more carefully.

### **Here are Some Healthy Eating Habits to Practice:**

- Include at least 2 servings of fruit and 3 servings of vegetables in your diet each day.
- Eat lean protein such as skinless chicken, turkey, fish, egg whites, tofu and beans.
- Use cooking techniques that are low in fat, such as baking, broiling or sautéing.
- Focus on whole grain products such as whole wheat breads, pastas and cereals, brown rice, barley or quinoa.
- Avoid sweetened beverages and high-fat desserts such as cookies, cakes and ice cream.
- Plan your meals and snacks ahead of time to avoid high-calorie foods.
- Use small plates and glasses to control portion sizes.

## **Bone Health**

Our bones are always changing – they are either being built up or broken down. The body attempts to achieve balance, but when more bone is lost than rebuilt, bone mineral density, or bone strength, is decreased.

Bone loss happens normally as we grow older, beginning at around age 35 and then speeding up in women after menopause. In addition to aging, other factors may also increase risk of bone loss: race, smoking, excessive alcohol use, low weight, steroid use and past history of fracture. The duration of chronic disease also may increase risk of bone loss.



The results of continuous bone mineral density loss are osteopenia (weak bones) and osteoporosis (very weak bones). People with these disorders, especially the more severe osteoporosis, are at high risk for fractures.

### What to Do:

- Speak to your medical provider if you are concerned about your risk.
- Make sure you are getting enough calcium and vitamin D through food and, if necessary, supplements. A Registered Dietitian Nutritionist can help you analyze your diet and choose a supplement if needed.
- If you smoke, try to quit.
- Use alcohol moderately (if at all).
- Engage in moderate weight-bearing or resistance exercise. See page 21 for some ideas. Speak to your medical provider before starting any exercise routine, especially if you have had bone fractures in the past.

## BONE BUILDERS

	FUNCTION	RECOMMENDED AMOUNT PER DAY	SOURCES
CALCIUM	Most abundant mineral in the body. 99% of it is in bones.	Adults under 50 years: 1000 mg Adults over 50 years: 1200 mg	Dairy products, fortified soy milk or juice, tofu, canned fish with bones
VITAMIN D	Helps with the absorption of calcium.	Adults: 19-50 years: 200 IU 51-70 years: 400 IU 71+ years: 600 IU	Sunshine, cod liver oil, fortified milk, eggs, fish
PROTEIN	Builds, repairs, and replaces tissue	Needs vary by gender, age, weight and medical condition	Meat, poultry, fish, dairy, soy, beans
VITAMIN K	Aids in the formation of proper bone structure and strength.	Adult Females: 90 mcg Adult Males: 120 mcg	Green leafy vegetables, e.g., kale, spinach
MAGNESIUM	Improves bone density and helps process calcium	Adult Females: 320 mg Adult Males: 420 mg	Green leafy vegetables, potatoes, nuts, seeds, whole grains, chocolate

Source: Institute of Medicine. Note: Individual needs may vary.

## Diabetes

A virus itself or a side effect of anti-viral medications greatly increases the chances of developing diabetes.

Many of us are familiar with diabetes, but do we actually know what the condition is? Briefly, diabetes means that a person has difficulty processing carbohydrates, a major component of many foods (see list). Carbohydrates are broken down in the body into glucose (sometimes called sugar). This is our main source of energy. Diabetics have high blood sugar levels because their body is not able to “capture” that energy. It remains in the bloodstream or flows out through the urine.

If left untreated, high blood sugar levels increase your risk for heart disease, stroke, kidney failure, blindness and other problems.

## Insulin Resistance

A secondary condition, called insulin resistance, is sometimes referred to as “pre-diabetes.” People with insulin resistance do not usually have high blood sugar levels, but their bodies do not convert carbohydrates into energy very efficiently. Insulin resistance can develop into diabetes.

# WHAT FOODS HAVE CARBS?

This is a quick list to give you an idea of what foods contain carbohydrates (carbs).

### High-Carb Foods:

Rice, cereal, pasta, bread/crackers, milk, fruit, fruit juice, starchy vegetables (potatoes, corn, beans, peas), soda and sweetened beverages, desserts

### Low-Carb Foods:

Most vegetables (except the starchy ones)

### No-Carb Foods:

Meat, poultry, fish and oils

## Reducing Risk

Adopting a healthy lifestyle is an effective way to reduce the risk of developing diabetes and insulin resistance, or to better control blood sugar if you already have diabetes. Some good daily practices are:

- Achieve and maintain a healthy weight.
- Choose high-fiber foods often.
- Plan meals and snacks ahead of time. Have the foods you need available.
- Eat balanced meals that contain carbohydrate, fat and protein. See Best Choices on page 4 to help guide you.
- Eat moderate amounts of carbohydrate at each meal and snack. Use MyPyramid to help you make good choices. Or work with a medical provider to create a personalized meal plan.
- Eat whole foods and whole grains rather than processed foods. They contain more nutrients and do not raise blood sugar as much. The “Whole Foods Swap” below provides some examples of how to do this.
- Exercise regularly.
- Self-monitor your blood glucose as recommended by your medical provider

## THE WHOLE FOODS SWAP

Here are a few examples of how to increase whole foods.

### Instead of...

White Bread  
White Rice  
Orange Juice  
Instant Oats

### Replace it with

Whole Wheat Bread  
Brown Rice  
An Orange  
Old Fashioned Oats

## **Oral Health**

The health of your teeth, gums and mouth affects your whole body. Unhealthy teeth and gums can become bigger health problems. They put more strain on your immune system and cause problems with chewing and swallowing food. Regular dental visits, in addition to good oral care at home, are essential to maintaining healthy teeth and gums. Here's what you can do:

- Brush your teeth at least twice a day.
- Use a soft-bristle toothbrush and fluoride toothpaste.
- Replace your toothbrush at least every 3 months, or sooner if the bristles look worn.
- Never share your toothbrush.
- Floss everyday – flossing reaches parts of your teeth that your toothbrush can't.
- Clean dentures and partials as well as, and as often as, natural teeth.

## **Visit the Dentist Regularly**

Everyone needs to see a dentist at least once every six months. At every dental visit, your dentist and/or dental hygienist will examine and clean your teeth, check your gums for signs of inflammation, and fix problems before they cause you pain. Your dental professional will also examine your mouth for possible signs of cancer, mouth sores and infections. For more information about dental care see the resource section.

## **A Note About Dry Mouth**

Dry mouth is a side effect of many medications. It can be uncomfortable and make eating and speaking difficult. Saliva keeps your mouth moist and your teeth clean. If your mouth is dry, you are more likely to get tooth decay and infections.

## **What you Can Try:**

- Use artificial saliva – it can help prevent problems caused by dry mouth and can make you more comfortable. Speak to your dentist for a recommendation.
- Sip water or sugarless drinks often and during meals.
- Chew sugarless gum or suck on sugar free candy – these increase saliva flow.
- Avoid tobacco and alcohol – these dry out the mouth.
- Be cautious with very spicy or salty foods – these may be painful if your mouth is dry

# EXERCISE

There are many health benefits of adding exercise to your life. How does exercise help, exactly? Here are some examples:

- Improves immune function
- Decreases body fat and increases lean body mass (muscle)
- Lowers blood pressure and stress levels
- Lowers LDL (bad) cholesterol and raises HDL (good) cholesterol
- Improves self-esteem and body image
- Increases appetite
- Increases bone strength
- Strengthens the heart, lungs and other muscles
- Improves glucose (sugar) metabolism
- Promotes regular bowel movements

<b>AEROBIC EXERCISE</b>	<b>This includes walking, bicycling, jogging, jumping rope, dancing, swimming and stair-climbing at a comfortable pace.</b>
<b>ANAEROBIC EXERCISE</b>	<b>This includes yoga, calisthenics and resistance training using resistance bands or weights. Resistance training helps maintain and build lean body mass (muscle). Very important.</b>
<b>STRETCHING</b>	<b>Stretching activities help increase flexibility and prevent injury. They should be done before (as a warm up) and after exercise (as a cool down)</b>

### **What Type of Exercise Program Should I Choose?**

Choose activities that you enjoy and try to include all three types of exercise into your program: aerobic, anaerobic and stretching. To get the minimum level of benefits from aerobic exercise you should perform your chosen aerobic exercise for at least 30 minutes, 5 times a week. This can be broken up into shorter segments as needed. For example, three ten-minute walking sessions a day. Everyday activities like household chores, gardening and playing with children also count towards the goal of 30 minutes a day.

Before starting any type of exercise, see your medical provider. Be extra careful if you have other conditions such as diabetes, high blood pressure or osteoporosis. Your medical provider will be able to advise you on the amount and type of exercise that is safe for you.

### **Important Things to Remember About Nutrition and Exercise**

- Stay well-hydrated before, during and after you exercise. Drink 1-2 cups (8-16 ounces) of fluid two hours before exercise. For lighter or less strenuous activities, you may need less.
- Don't exercise on an empty stomach.
- Don't exercise immediately after eating.
  - Wait a 1/2 hour after a light snack.
  - Wait 2 hours after a regular meal.
- For optimum exercise performance, consume healthy, well-balanced meals daily.

### **Reasons to Stop Physical Activities and Contact Your Medical Provider**

- Chest pain
- Diminished appetite
- Unintended weight loss of 10 pounds or more in the last 6 months
- Nausea or vomiting
- Diarrhea or frequent loose stools
- Night sweats or fever
- Edema or swelling
- Influenza, head cold, respiratory infection or head or lung congestion
- Dizziness or vertigo
- Change in normal menstruation

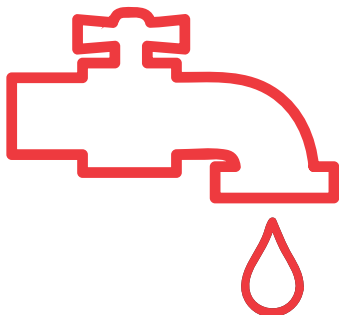
# WATER SAFETY

## Why Do I Have to Worry About the Water I Drink?

The tap water in many cities may contain harmful germs (like cryptosporidium or giardia) that can make you sick if your immune system is weak. It is especially important to make sure that you use safe water for drinking, making ice cubes, adding to fruit juices or powdered drink mixes, washing raw fruits and vegetables, and brushing teeth.

## How Do I Make Sure My Water is Safe?

- Bring tap water to a rolling boil for at least one minute (3 minutes at higher altitudes). Cool the water and store in clean containers. Keep this water in the refrigerator.
- Distill water with a home distiller. These units heat water to remove contaminants like cryptosporidium. You can add a little lemon juice to improve the taste.
- Use a water filter that filters to less than one micron. Look for a filter certified by NSF to meet standard #53 for cyst (cryptosporidium, giardia) removal. Some filters are not strong enough to remove harmful germs.
- Buy bottled water that has been filtered to less than one micron or treated by reverse osmosis. Both of these treatments remove harmful germs. Safest choices include spring or purified waters. Look for brands that have been certified by your state's Department of Health.
- Drink seltzer water – germs are removed during production.



# FOOD SAFETY

## Shopping for Safer Foods

### Do

- Check labels for expiration dates.
- Put raw meat, fish and poultry in separate plastic bags before you put them in the grocery cart. This is to prevent leaking on other foods.

### Don't

- Buy eggs that are cracked or leaking.
- Buy foods that are out of date.

## Preparing Food Safely

### Do

- Wash hands well before and after preparing foods.
- Wash surfaces of cutting boards and utensils before and after they come in contact with food.
- Cover all open wounds to prevent infection.
- Thaw foods on the bottom shelf of the refrigerator or in a microwave on defrost setting.
- Thoroughly cook all food to proper temperatures – see food temperature guide.
- Use a thermometer to check temperatures of meats.

### Don't

- Thaw foods on the counter at room temperature.
- Cook meats in the microwave. The temperature and cooking time may not be enough to prevent food-related illness.
- Use dairy products that are not pasteurized.



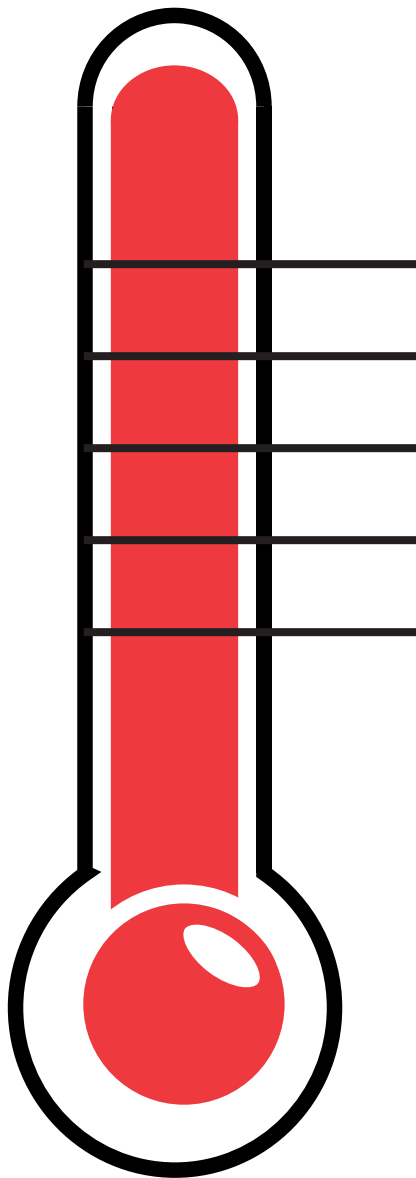
## Storing Foods Safely

### Do

- Monitor refrigerator temperature with an appliance thermometer. The temperature should be 40°F or below.
- Keep eggs in the carton and store in the main section of the refrigerator instead of in the door.
- Throw out food that is past the expiration date stamped on the package.
- Place raw meats on the bottom shelf of the refrigerator to prevent cross-contamination onto already prepared foods.

### Don't

- Leave raw meat uncooked in the refrigerator for more than 1 to 2 days. See chart for exceptions.
- Keep food out on the counter to cool for more than 2 hours.



## COOKING TEMPERATURE GUIDE

**WHOLE CHICKEN AND TURKEY:** internal temperature of **165°F**

**GROUND MEATS:** internal temperature of **160°F**

**STEAKS AND ROASTS:** internal temperature of **145°F**

**EGGS:** until the yolks are firm **145°F**

**FISH:** until it begins to flake **145°F**

# FOOD STORAGE CHART

## FOOD

## FRIDGE

## FREEZER

### EGG

Fresh in shell  
Hard cooked  
Cooked egg dishes

3-5 weeks  
1 week  
3-4 days

Do Not Freeze  
Do Not Freeze  
Do Not Freeze

### RAW MEATS

Ground meat  
Steaks, chops, roasts  
Fresh fish & shellfish  
Chicken or turkey, whole  
or parts

1-2 days  
3-5 days  
1-2 days  
1-2 days

3-4 months  
6-12 months  
2-3 months  
Whole: 1 year  
Parts: 9 months

### COLD CUTS

Luncheon meat, unopened  
Luncheon meat, opened  
Store bought or home  
-prepared salads (tuna,  
chicken, egg, etc.)  
Store-cooked convenience  
meals  
Vacuum packed dinner,  
unopened  
Hot dogs, unopened  
Hot dogs, opened  
Bacon  
Sausage, raw from meat or  
poultry  
Smoked breakfast links,  
patties

2 weeks  
3-5 days  
3-5 days  
3-4 days  
2 weeks  
2 weeks  
1 week  
7 days  
1-2 days

1-2 months  
1-2 months  
Do not freeze  
Do not freeze  
1-2 months  
1-2 months  
1 month  
1 month

### SOUPS AND STEWS

3-4 days

2-3 months

## FOOD

## FRIDGE

## FREEZER

### LEFTOVER COOKED MEATS, POULTRY AND FISH

Pieces	3-4 days	2-6 months
Casseroles	3-4 days	3 months
Patties and nuggets	1-2 days	1-3 months
Gravy and broth	1-2 days	2-3 months

### COOKED FRUITS AND VEGETABLES

7 days 1 year

### DAIRY

Milk	Date on Carton	1 month
Butter	1-2 months	6 months
Margarine	4-6 months	1 year

### BUDGET TIP

Low-cost shelf-stable protein sources include canned fish, dry or canned beans, nut butters and dry milk powder.

# RESOURCES & ACKNOWLEDGEMENTS

## **Where Can I get Additional Nutrition Advice?**

A registered dietitian nutritionist (RDN), a nutritionist who has advanced knowledge of how food relates to health, is the best source of nutrition advice. Speak to your medical provider for a referral to an RDN in your area.

### **Nutrition Information**

Centers for Disease Control and Prevention  
cdc.gov

God's Love We Deliver  
glwd.org

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THANK YOU



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