Food safety is important for people with cancer because treatment can weaken the immune system. Chemotherapy and radiation therapy may cause neutropenia—a decrease in white blood cells that fight off infection.

Ask Your Doctor:
- Am I at increased risk for foodborne illness? How long will this risk last?
- What steps should I take to prevent foodborne illness?
- Which foods require special preparation to prevent foodborne illness?
- Whom should I contact if I think I have a foodborne illness?
- What treatment do you recommend for my foodborne illness?
- How can I prevent dehydration?
- Is there anything else I should be asking?

Foods to AVOID:
- Raw or undercooked meat, poultry, or seafood
- Unpasteurized or raw milk
- Raw or undercooked eggs
- Unwashed fresh produce
- Soft cheeses made from unpasteurized (raw) milk
- Cold hot dogs & deli meats
- Raw sprouts (alfalfa, bean, etc.)

Foods to EAT:
- Meat, poultry, & seafood cooked to a safe internal temperature
- Pasteurized milk
- Cooked eggs with a firm yolk
- Washed fresh or cooked produce
- Hard cheeses or soft cheese made from pasteurized milk
- Reheat hot dogs & deli meat to steaming hot or 165 °F
- Cooked sprouts

CLEAN: Wash hands & surfaces often.
SEPARATE: Keep raw meat & poultry separate from ready-to-eat foods.
COOK: Cook foods to a safe internal temperature.
CHILL: Chill perishable foods within 2 hours.

For more food safety tips, go to FoodSafety.gov

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