

# FOOD SAFETY for people living with kidney disease



Did you know food safety is just as important for staying healthy as following a kidney-friendly eating plan?

**Foodborne illnesses** refer to sicknesses you get from eating food or drinks that are contaminated (gone bad, rotten or poisonous). Foodborne illness (or food poisoning) is caused by viruses, bacteria or parasites getting into the food and fluids you consume.

Foodborne illnesses are serious and can cause serious health problems, even death. If you are living with kidney disease or with a transplant, avoiding foodborne illness is important to make sure you stay as healthy as possible.



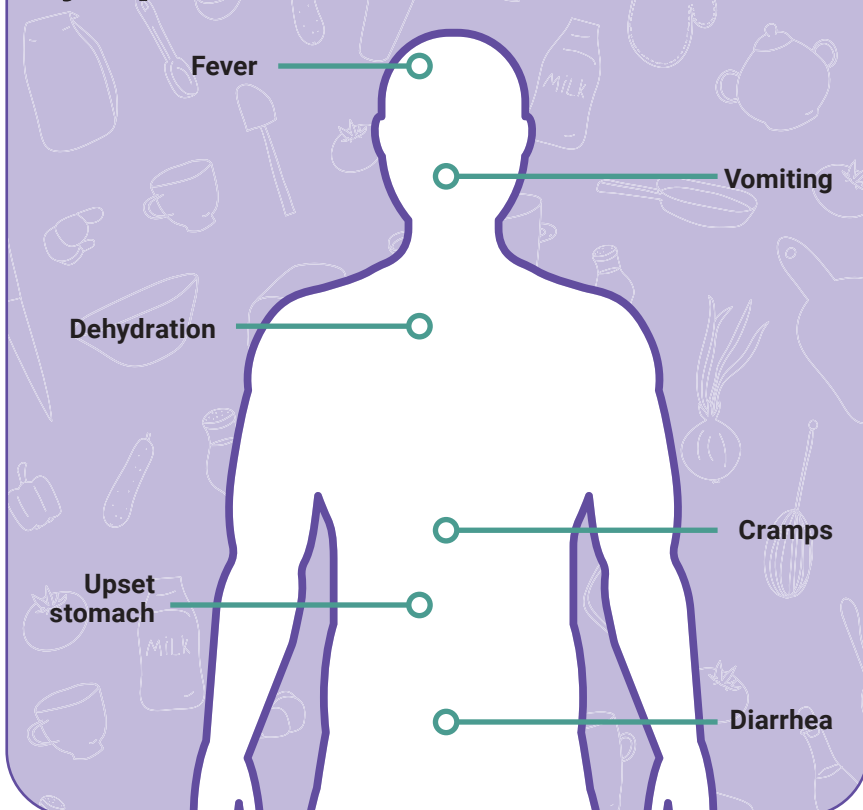
**1 in 6**

Americans gets sick from foodborne illness each year

## Ask your doctor:

- Why do I need to be extra careful about preventing foodborne illness with kidney disease?
- How could foodborne illness affect my kidneys?
- What steps should I take to prevent foodborne illness?
- Whom should I contact if I think I have foodborne illness?
- What treatments do doctors use for foodborne illnesses?
- How can I prevent dehydration?
- Is there anything else I should know about foodborne illness?

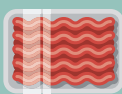
## What are the common symptoms of foodborne illness?



## Safe minimum internal temperatures



Use a food thermometer to make sure food is cooked to a safe internal temperature to prevent foodborne illness.



**160°F** Ground meats



**145°F** Whole-cuts of beef, pork, lamb and veal  
(and allow to rest for at least 3 minutes)



**165°F** All poultry  
(including ground poultry, breasts, whole bird, legs, thighs, wings, giblets and stuffing)



**145°F** Fish and shellfish



**165°F** Leftovers

## High risk of contamination



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 hotdogs and deli meats



Raw sprouts (alfalfa, bean, etc.)



Raw flour/raw batter



Unpasteurized juices



Foods in a salad bar



Raw vegetables and raw fruits without a thick skin

## Low risk of contamination



Meat, poultry and seafood cooked to a safe internal temperature



Pasteurized dairy products



Cooked eggs with a firm yolk



Cooked or washed fresh fruits and vegetables



Hard cheeses or soft cheeses made from pasteurized milk



Hot dogs and deli meat reheated to steaming hot or 165°F



Cooked sprouts



Pasteurized juices

## Four steps for food safety



### CLEAN

Wash hands for at least 20 seconds with soap and warm water before and after handling and preparing food. Clean surfaces before and after handling and preparing food.



### SEPARATE

Separate raw meat and poultry from ready-to-eat food.



### COOK

Cook food to a safe internal temperature.



### CHILL

Chill raw meat and poultry and cooked leftovers, within 2 hours or 1 hour if exposed to temperatures over 90°F (like at a picnic).

For more food safety information and tips, visit:



- [kitchen.kidneyfund.org/food-safety-and-kidney-disease](http://kitchen.kidneyfund.org/food-safety-and-kidney-disease)
- [www.fsis.usda.gov/food-safety](http://www.fsis.usda.gov/food-safety)
- USDA Meat and Poultry Hotline: 1-888-MPHotline (1-888-674-6854)