

Food safety advice for patients having chemotherapy

Nutrition and Dietetics

Patient Information Leaflet

Introduction

A common side effect of chemotherapy can be to reduce the body's resistance to fight infections. It is therefore important to take extra care with the food you eat to minimise the risk of picking up a food-related infection.

The food safety information in this leaflet will help you to reduce your risk of picking up a food-related infection.

High risk foods to avoid	Safer alternatives
Unpasteurised milk	Pasteurised, sterilised, UHT milk, soya milk
Ice cream from soft whip machines	Ice cream which is packaged e.g. blocks of ice cream, ice lollies
Mould-ripened soft cheese (e.g. Brie, Camembert)	Processed cheese spread, cottage cheese, cream cheese (e.g. Dairylea, Kraft, Philadelphia), halloumi
Cheese made with unpasteurised milk (e.g. feta, parmesan)	Pasteurised parmesan, pasteurised mozzarella, paneer made with pasteurised milk
Blue-veined cheese (e.g. Stilton, Danish Blue)	Vacuum-packed hard cheese (e.g. Cheddar, Double Gloucester)
Products or supplements including yoghurt which are described on the label as bio or probiotic (e.g. Yakult, Actimel)	Any yoghurt that is not described on the label as bio or probiotic including live, plain, Greek and fruit yoghurts.
Raw eggs or undercooked eggs (including those in homemade mayonnaise, mousse, eggnog)	Hard boiled eggs. Shop-bought mayonnaise and other products made with pasteurised egg
Raw and undercooked meat, fish and poultry (e.g. meat which is still pink, sushi, smoked salmon unless the salmon is eaten directly from a freshly opened packet)	Well-cooked meat, poultry and fish. Vacuum-packed cold meats such as ham or turkey stored below 3°C and eaten following the manufacturers' instructions. Tinned meat and fish
Raw or lightly cooked shellfish (e.g. oysters, mussels, prawns)	Well-cooked shellfish e.g. prawn curry
Fresh meat or fish pate	Pasteurised pate; and paste in tins or jars that do not need to be refrigerated.
Takeaway foods particularly Chinese or Indian food with rice	Supermarket takeaways or fresh home-cooked food
Still, bottled mineral water or filtered water	Freshly run tap water or carbonated water. Ice allowed where it is made from a suitable water source.

General food hygiene information

Shopping

- Always check use by or best before dates on packaging.
- Avoid buying food with damaged or broken packaging and fruit and vegetables which are bruised or going mouldy. Remember to wash and peel all fruit and vegetables.
- Avoid shops where raw and cooked meats are stored together. Where possible buy pre-packed deli items.
- Shop assistants should use utensils or gloves to handle food.
- Buy chilled or frozen foods last and take them home as quickly as possible. If you cannot get food home immediately, a cool bag can help to keep food at the correct temperature.

Storage

- Your fridge should be kept between 0°C and 5°C. Do not overload the fridge or keep the door open as this will increase the temperature.
- Thaw meat and poultry in a fridge and not at room temperature.
- Raw or defrosting meat or fish should be kept at the bottom of the fridge in a covered container to prevent dripping or leaking into the fridge.
- Never refreeze thawed food.
- Eggs should be stored in the fridge.
- Store and use all opened foods according to manufacturers' instructions. Any remaining tinned food should be emptied out into a clean container and covered with a lid or cling film.

Food preparation

- Always wash your hands well before preparing any food and wash them between handling raw and cooked foods.
- Change your tea towels and dishcloths regularly and let dishes air dry, if possible.
- Use separate knives and chopping boards for preparing raw meat and poultry, cooked foods and vegetables.
- Wash and peel all fruit and vegetables.

Cooking

- Cook all food thoroughly following instructions on labels and in recipe books.
- Microwaves can be used for defrosting or reheating food according to manufacturers' instructions but they are not recommended for cooking food.
- Rice should be eaten as soon as it is cooked. Do not eat it once it has gone cold and do not reheat it.

Eating out

- Choose freshly prepared foods from reputable outlets. Avoid salad bars, street vendors, market stalls and ice cream vans.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Georgina Unit 01384 244028 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number:
01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email
dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔