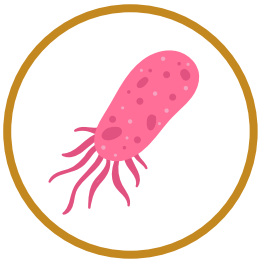
FOOD SAFETY FOR SENIORS



Seniors have higher risk for hospitalization and death from foodborne infection due to:

1. AGE-RELATED CHANGES TO ORGANS
2. MEDICATION SIDE EFFECTS (I.E. WEAK IMMUNE SYSTEM)
3. UNDERLYING CHRONIC DISEASES (I.E. DIABETES, KIDNEY DISEASES)

Here is the most common food pathogens that cause individual sick and they are found in:



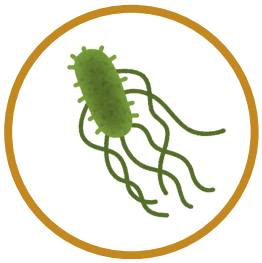
E.COLI

- Undercooked ground meat
- Unpasteurized milk and juices
- Contaminated raw fruits, vegetables and water.



CAMPYLOBACTER

- Unpasteurized milk
- Raw or undercooked meat, poultry or shellfish
- Untreated or contaminated water



SALMONELLA

- Raw or undercooked eggs, poultry or meat
- Unpasteurized milk or juice

References:
USDA. *Baby Boomers and Food Safety.* Dec 2020. https://www.foodsafety.gov/sites/default/files/2020-12/baby-boomers-english-infographic.jpg

Food Safety Tips:



About 1 in 6 Americans will get food poisoning each year. A few simple steps can help keep you or older adults you help care for from getting food poisoning:

Product Labeling and Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety.

"Best if Used By" or "Use-By" Date:

This is the last date suggested for the best flavor or quality of food.

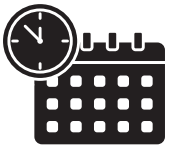


"Sell By" Date:

Buy the product before this date. It is safe to eat after this date.

"EXP" or "Expiry" Date:

Once food pass the expiration date, it is best to dispose it for food safety.





Clean

Use soap and warm water to clean surfaces, utensils and hands after handling raw food.



Separate

Separate raw meat from ready to eat foods in your shopping bag, fridge and during meal prep.



Cook

Cook food to high temperature to kill harmful bacteria. Use a food thermometer to cook meat/pork /lamb/fish (above 145 F), sausage/patties (above 160 F), and poultry (165 F).



Chill

Chill raw and prepared foods immediately if not eating after cooking. Keep food cold under 40 F.

Foods to Avoid

Raw or Undercooked Food

- Raw or undercooked poultry, eggs, seafood or meat.
- Raw sprouts.
- Hot dogs, deli meats and luncheon meats that have not been cooked or heated to steaming hot.

Unpasteurized Food

- Unpasteurized (raw) milk.
- Soft cheeses made from unpasteurized milk (feta, brie, camembert, blue-veined and queso fresco).
- Unpasteurized or refrigerated pates.

Unwashed Food

- Unwashed fresh vegetables and fruits.

References:
USDA. *Baby Boomers and Food Safety.* Dec 2020. https://www.foodsafety.gov/sites/default/files/2020-12/baby-boomers-english-infographic.jpg

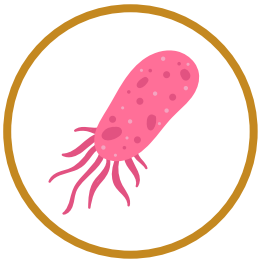
食品安全
對於老年人



老年人因食源性感染住院和死亡的風險較高，原因如下:

1. 與年齡相關的器官變化
2. 藥物副作用（即免疫系統較弱）
3. 潛在的慢性疾病（即糖尿病、腎臟疾病）

以下是導致個人患病的最常見食物病原體，它們存在於：



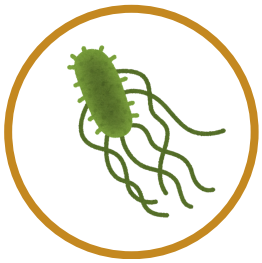
E.COLI
(大腸桿菌)

- 未煮熟的碎肉
- 未經高溫消毒的牛奶和果汁
- 生水果、蔬菜和被污染的水。



CAMPYLOBACTER
(彎曲桿菌屬)

- 未經高溫消毒的牛
- 未煮熟的肉類、家禽或貝類
- 未經處理或受污染的水



SALMONELLA
(沙門氏菌)

- 生的或未煮熟的蛋、家禽或肉類
- 未經高溫消毒的牛奶或果汁

參考： 美國農業部。嬰兒潮世代與食品安全。 2020 年 12 月. https://www.foodsafety.gov/sites/default/files/2020-12/baby-boomers-english-infographic.jpg

食品安全提示

每年大約有六分之一的美國人會食物中毒。幾個簡單的步驟可以幫助您或您幫助照顧的老年人避免食物中毒：



產品標籤和日期：

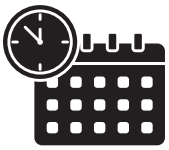
食品標籤上印有的日期表明食品將不再處於最佳品質。日期不是為了食品安全。

“最佳使用日期”或“使用期限”日期：
這是為獲得最佳食品風味或品質而建議的最後日期。



“售出“ 日期：
在此日期之前購買產品。在此日期之後仍然可以安全食用。

“EXP”或“到期”日期：
一旦食物過了保質期，為了食品安全，最好將其丟棄。





清洗

處理生食後，用肥皂和溫水清潔表面、器具和手。



分離

在購物袋、冰箱中以及準備餐點時，將生肉與即食食品分開。



烹飪

高溫烹調食物以殺死有害細菌。使用食物溫度計測量烹調的食物溫度 煮肉類/豬肉/羊肉/魚（145F 華氏度 以上）、香腸/肉餅（160F 華氏度 以上）和家禽（165F 華氏度）。



冷凍

如果煮熟後不食用，請立即冷藏生食和熟食。將食物冷藏在 40F 華氏度 以下。

應避免的食物:

生的或未煮熟的食物

- 生的或未煮熟的家禽、蛋、海鮮或肉類。
- 生豆芽。
- 未煮熟或加熱至熱氣騰騰的熱狗、熟食肉和午餐肉。

未經高溫消毒的食品

- 未經高溫消毒的（生）牛奶。
- 由未經高溫消毒的牛奶製成的軟乳酪（羊乳酪、布里乾酪、卡芒貝爾乳酪、藍紋乳酪和乳酪）。
- 未經高溫消毒或冷藏的肉醬。

未清洗的食物

- 未清洗的新鮮蔬菜和水果。

參考： 美國農業部。嬰兒潮世代與食品安全。 2020 年 12 月. https://www.foodsafety.gov/sites/default/files/2020-12/baby-boomers-english-infographic.jpg