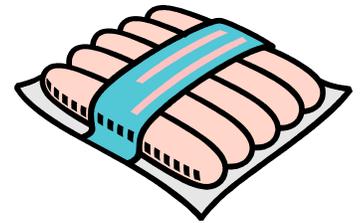




## FOODS OLDER ADULTS SHOULD AVOID

With all of the stories about foods that have made some people sick, you may have wondered whether you can prepare or serve anything! The good news is that most foods do not lead to foodborne illness. However, as we get older our bodies don't work quite as well. Therefore, some foods are more likely than others to make older adults sick if they eat them. Below is a list of foods that should be avoided.

- Foods that contain raw or undercooked eggs
  - homemade Caesar salad dressing and mayonnaise
  - uncooked cake batter and cookie dough
  - poached eggs, eggs Benedict, undercooked (runny) scrambled eggs
- Raw or undercooked meat or poultry
- Hot dogs eaten cold out of the package without reheating
- Freshly sliced deli meats or pre-packaged luncheon meats eaten cold without reheating
- Raw or undercooked fish or seafood
  - oysters, mussels, sushi, ceviche, herring
- Raw, unpasteurized milk



Do not buy milk or milk products sold at roadside stands or farmer's markets unless you can confirm that it has been pasteurized. If it says "only for animal use," it has not been pasteurized.



- Unpasteurized juices, ciders, or honey
- Mold ripened, blue-veined cheeses or soft cheeses made from unpasteurized milk
  - Mold ripened cheeses - Brie, Camembert, Blue Brie
  - Blue-veined cheeses - Danish Blue, Stilton, Gorgonzola, Romano
  - Soft cheeses - queso fresco, queso blanco, goat cheeses
- Raw Sprouts
  - bean sprouts, alfalfa sprouts

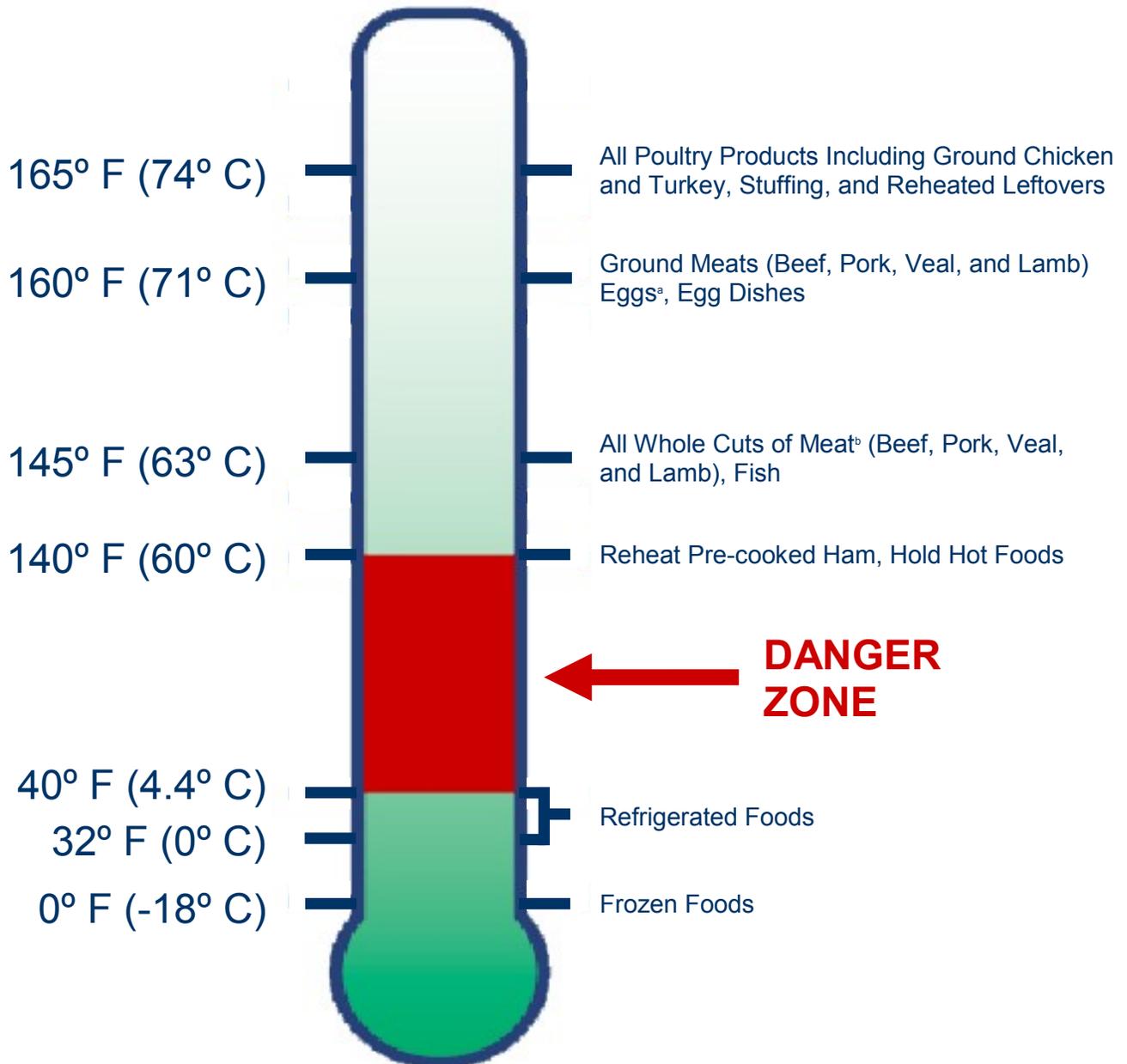


### Helpful Hints

- When cooking eggs make sure both the yolks and whites are solid.
- When cooking hotdogs place in boiling water for at least 15 seconds, or heat in the microwave oven until steaming hot.

# RECOMMENDED

## Safe Internal Cooking and Storage Temperatures



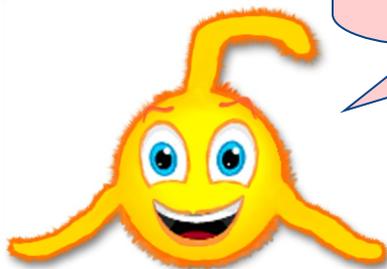
<sup>a</sup> Or until both the yolks and whites are firm

<sup>b</sup> Whole cuts of meat include steaks, roasts, and chops

<sup>b</sup> All whole cuts of meat need to rest for three minutes before carving

## TEST YOUR KNOWLEDGE

1. When cooking eggs, which of the following methods is the safest?
  - A. Scrambled and runny
  - B. Hard boiled
  - C. Sunny side up
  - D. Poached
2. You should reheat freshly sliced deli meats before making a sandwich.
  - A. True
  - B. False
3. You should not use raw sprouts when making a salad.
  - A. True
  - B. False
4. All milk products should be pasteurized.
  - A. True
  - B. False



**So ..... how many did  
you get right?**

ANSWERS  
1. B  
2. A  
3. A  
4. A

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