



@fitnessstogether_preston



NUTRITION E-GUIDE

FOOD SAFETY

Your Name Here



CONTENTS

Food Safety E-Guide

2

Introduction

3

The Basics of Food Safety

4

What is Foodborne Illness?

5

Prevention Strategies

6

Smart Shopping and Safe Storage

7

Hygiene and Food Preparation

8

Cooking and Serving Safely

9

Packing and Storing Foods

INTRODUCTION

Why is food safety important?

Every year, millions of people experience foodborne illnesses that could have been prevented with proper food handling and storage techniques.

For athletes and active individuals, these issues are not just about discomfort or sickness; they directly impact performance, recovery, and overall health.

In this guide, we will cover the fundamentals of food safety, from shopping to storage, preparation to packing meals for your active lifestyle.

We will explore how to recognize and prevent foodborne illness, maintain hygiene in your kitchen, and ensure that your meals are cooked and stored under safe conditions.

Our goal is not only to educate but also to provide you with the tools and knowledge to apply these practices effortlessly in your daily life.

Whether you're preparing a quick breakfast before a workout or packing a lunch for a long day, understanding these principles will help you keep your food safe and enhance your overall well-being.



THE BASICS OF FOOD SAFETY

What is Food Safety?

Food safety involves handling, preparing, and storing food in a way that reduces the risk of becoming sick from foodborne illnesses. It is about making sure that the food you eat is safe from the moment it enters your shopping cart to when it reaches your plate.

Why Is It Important?



For everyone, and especially athletes, food safety is crucial. Safe food handling not only prevents illness but also ensures that food retains its nutritional value.

Common Food Safety Risks



1. **Biological Hazards:** These include bacteria, viruses, and parasites that can contaminate food and cause illness. Common culprits include Salmonella, E. coli, and Norovirus.
2. **Chemical Hazards:** These can be introduced through contaminated water or soil, pesticides, or the misuse of chemicals in the kitchen.
3. **Physical Hazards:** Foreign objects like glass, metal, or plastic can accidentally find their way into foods and pose a choking hazard or cause physical injury.

Minimizing Risks



To minimize these risks, it is vital to understand and implement the four core practices of food safety:

Clean

Always wash your hands, utensils, and food preparation surfaces before and after handling food.

Seperate

Keep raw and cooked foods separate to avoid cross-contamination.

Cook

Cook foods to the right temperature to kill harmful bacteria.

Chill

Refrigerate foods promptly to slow the growth of harmful bacteria.

WHAT IS FOODBORNE ILLNESS?

Recognizing and Preventing Foodborne Illness

Foodborne illness results from consuming contaminated foods or beverages. Millions of cases occur worldwide each year, making it a common public health concern. Symptoms can range from mild gastrointestinal discomfort to severe, life-threatening conditions.

Common Causes



Bacteria

Such as Salmonella, E. coli, and Listeria, which are among the most common causes of foodborne illness.



Viruses

Including Norovirus and Hepatitis A, which can be transmitted through contaminated food or water.

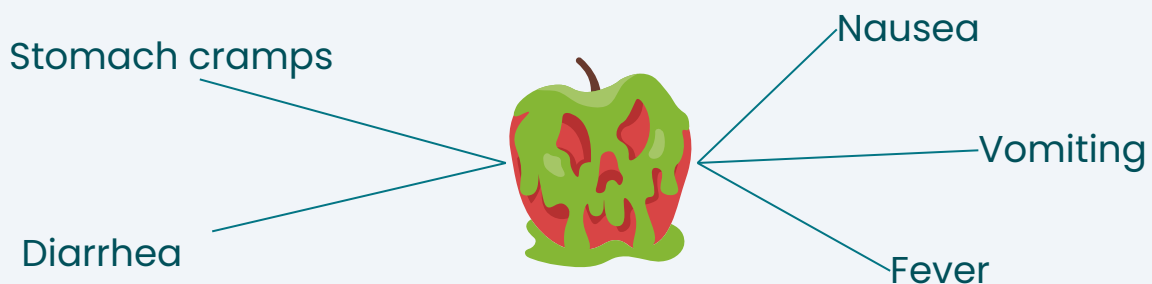


Parasites

Such as Giardia or tapeworms, which can be found in water or food that has been contaminated.

Symptoms to Watch For

The symptoms of foodborne illnesses can vary, but they typically include one or more of the following:



Symptoms can appear within hours of eating contaminated food, or they may take days or even weeks to manifest.

PREVENTION STRATEGIES

For Food Safety

Effective food safety involves a proactive approach to handling, cooking, and storing food.

Hand Washing

Regular and thorough hand washing with soap and water is essential, especially before and after handling food, after using the bathroom, and after touching pets or garbage.

Surface Sanitization

Clean counters and other surfaces frequently with an appropriate sanitizer to prevent the spread of bacteria.

Separation of Raw and Cooked Foods

Use separate cutting boards and utensils for raw meat and other foods to prevent cross-contamination.

Thorough Washing

Wash fruits and vegetables under running water before eating or cooking them, even if you plan to peel them.

Correct Cooking Temperatures

Cooking foods to the right temperature is crucial to kill harmful bacteria.

Here's a quick guide:

- Poultry: 74°C
- Ground meats: 71°C
- Beef, pork, lamb, and veal (steaks, roasts, and chops): 63°C and allow to rest for at least 3 minutes
- Fish: 63°C
- Eggs: Cook until the yolk and white are firm

Prompt Refrigeration

- Chill: Refrigerate or freeze perishables, prepared foods, and leftovers within two hours (or one hour if the temperature is above 32°C).
- Proper Storage Temperatures: Keep the refrigerator at or below 4°C and the freezer at -18°C.
- Avoid Overpacking: Ensure the fridge and freezer are not overpacked to allow air to circulate and maintain the proper temperature.

SMART SHOPPING AND SAFE STORAGE

Proper Food Storage Starts with Smart Shopping

- ✓ Always check the expiration or "use by" dates.
- ✓ Avoid buying food in damaged or opened packages.
- ✓ Buy cold or frozen items last during your shopping trip.
- ✓ Avoid items that have an off smell, an unusual color, or texture.

REFRIGERATION



- **Fruits & Vegetables:** Keep separate from meats to prevent cross-contamination. Some fruits emit ethylene gas which can spoil other produce quickly.
- **Dairy Products:** Store dairy products in the main part of the fridge, not in the door, where temperature fluctuations are more significant.
- **Raw Meats, Poultry, and Seafood:** Keep these in a separate area or in a container to prevent their juices from dripping onto other foods.

FREEZING



- **Meats and Poultry:** Wrap these items securely to prevent freezer burn and store them for several months.
- **Prepared Foods:** Label and date cooked foods before freezing. Make sure to reheat them to the proper temperature before consumption.
- **Vegetables and Fruits:** Freeze f&v when they are at peak freshness. Blanching vegetables before freezing can help preserve flavor, color, and texture.

SPECIAL CONSIDERATIONS



- **Eggs:** Store eggs in their original carton in the main body of the refrigerator, not in the door, to maintain a consistent temperature.
- **Canned Goods:** Keep them in a cool, dry place. Once opened, transfer any unused contents to a sealed container and refrigerate.
- **Dry Goods:** Store grains, nuts, and flours in airtight containers to keep them fresh and protect them from pests.

HYGIENE AND FOOD PREPARATION

Fundamental Personal Hygiene Tips

Good hygiene and safe food preparation practices are foundational to preventing foodborne illnesses.

- ✓ Always wash your hands with soap and warm water for at least 20 seconds before handling food, after handling raw meat, after using the bathroom, and after touching pets or trash.
- ✓ Keep hair tied back and wear clean clothing while cooking to prevent any potential contamination.
- ✓ Avoid preparing food if you are sick, especially if you have symptoms of diarrhea, vomiting, or respiratory issues.

Step-by-Step Safe Food Preparation Practices

- 1 Cleaning**
Begin with a clean workspace. Sanitize countertops, cutting boards, and utensils before and after use.
- 2 Seperating**
Use separate cutting boards and knives for raw meats and other foods to prevent cross-contamination.
- 3 Thawing**
Thaw frozen food safely in the refrigerator, under cold running water, or in the microwave—not on the countertop.
- 4 Marinating**
Always marinate foods in the refrigerator, not at room temperature. Use separate containers to avoid cross-contamination.
- 5 Tasting**
Never use the same utensil for cooking and tasting; always use a clean spoon to taste your cooking.

COOKING AND SERVING SAFELY

Proper Cooking and Safe Serving

Ensuring food reaches a safe internal temperature is key to killing harmful bacteria. Use a food thermometer to check temperatures, ensuring food is safe to eat. Here are simple guidelines:

				
74°C	71°C	63°C	63°C	Until White Is Firm
Poultry	Ground Meats	Red Meats	Fish	Eggs

Best Practices for Serving and Reheating Food



SERVING FOOD

Keep hot foods hot (above 60°C) and cold foods cold (below 4°C) to prevent bacterial growth.

REHEATING FOOD

When reheating food, ensure it reaches 74°C. Stir food during the reheating process to even out the temperature.

By adhering to these cooking and serving standards, you can ensure that your food is not only delicious but safe to eat, which is especially important for maintaining good health and optimal athletic performance.

PACKING AND STORING FOODS

For Training & Competitions

For athletes and active individuals, maintaining food safety and nutrition while training or competing is crucial.

How to Safely Pack Meals for the Gym or Outdoor Activities

Containers

Use leak-proof, airtight containers to prevent spills and contamination. BPA-free plastic, glass, or stainless steel containers are ideal choices.

Pre-Cool Containers

If packing cold items, chill your containers in the refrigerator before packing them. This helps maintain a cold environment, keeping food fresh longer.

Use Ice Packs

Place ice packs around perishable items like dairy, meats, and salads to keep them at safe temperatures during transport.

Foods That Travel

Opt for foods that are less likely to spoil quickly. Hard cheeses, whole fruits, and vegetables, nuts, and jerky are good options.

Keeping Food Safe and Nutritious on-the-Go



Pack your food close to the time of departure. If preparing food the night before, keep it stored in the refrigerator until you leave.



Use separate containers for hot and cold items to maintain their respective temperatures.



For long days of training or competition, pack snacks that are both nutritious and energy-dense.



Always include a bottle of water or a sports drink to stay hydrated. Consider freezing a bottle of water to use as an additional ice pack.



Before consuming, always inspect your food and taste a small portion to ensure it has not spoiled or developed an off-flavor during transportation.