

## Food Safety During Cancer Surgery

### 癌症手術期間的食物安全

<p>While undergoing chemotherapy or radiation therapy, or in the period shortly after receiving therapy, food safety is very important, as your immune system may be weakened and, therefore, not as protective as it normally is. If you recently have undergone a transplant or if your white blood cell count is very low, it is extremely important to follow food safety guidelines. A good guideline to follow is to eat only those foods that have been freshly prepared in a clean environment and which have not been sitting out for any length of time. If you'd like to speak to a dietitian about your concerns, call the Cancer Resource Center at (415) 885-3693 to schedule a free appointment.</p>	<p>當接受化療或放射治療時，或接受治療後的短期內，食物安全是非常重要的，因為你的免疫系統功能可能會被減弱，因此，其保護作用會與平日不同。如果你最近進行了移植，或者你的白血球數量很低，那麼遵循食物安全準則就非常重要。遵從一個好的準則是指只吃在好的衛生環境下所準備的新鮮食物，而不用無論時間長短放置出來的食物。如果您想與營養師討論你關心的問題，請致電至癌症資源中心（415）885-3693，安排免費預約。</p>
<p><b>Grocery Shopping</b></p> <ul style="list-style-type: none"><li>• Check "sell by" and "use by" dates and do not buy items that are out of date.</li><li>• Do not buy or use any bulging, damaged, or deeply dented cans.</li></ul>	<p><b>購買食品</b></p> <ul style="list-style-type: none"><li>• 要查看「出售日期」和「使用日期」，不要買過期食品。</li><li>• 不要購買或使用罐頭表面有任何膨脹、破損或深凹陷的罐頭。</li></ul>

<ul style="list-style-type: none"> <li>• Make sure that frozen foods feel solid and that refrigerated foods are cold.</li> <li>• Do not buy cracked or non-refrigerated eggs.</li> <li>• Store groceries promptly after shopping.</li> <li>• Do not buy bulk foods from self-service bins.</li> </ul>	<ul style="list-style-type: none"> <li>• 用手觸覺以確保冷凍食品的堅實和冷藏食品是冰冷的。</li> <li>• 不要買破裂或沒有冷藏的蛋類。</li> <li>• 購物後立即將食物貯存起來。</li> <li>• 不要從自助服務箱買大號散裝食品。</li> </ul>
<p><b>Food Preparation</b></p> <ul style="list-style-type: none"> <li>• Prepare food on surfaces that have been thoroughly washed in hot, soapy water. You can clean cutting boards in a solution of ten parts water mixed with one part household bleach.</li> <li>• Use separate cutting boards for cooked foods and raw foods.</li> <li>• Do not use raw, unpasteurized eggs in uncooked foods, since raw eggs are the perfect medium for the growth of bacteria such as salmonella.</li> <li>• Discard eggs, egg mixtures, or prepared egg dishes left at room temperature' for more than an hour.</li> <li>• Wash the tops of cans and the can opener before use.</li> <li>• All meats should be cooked until well done and should have no remaining pink color.</li> <li>• Foods should be cooled inside the refrigerator rather than outside. A good way to do this is to divide large amounts of hot</li> </ul>	<p><b>準備食物</b></p> <ul style="list-style-type: none"> <li>• 須用已經用熱水徹底沖洗表面的工具來準備食物。你可以用十份水和一份家用漂白水劑混合的溶液來清洗砧板。</li> <li>• 使用不同的砧板處理生熟食物。</li> <li>• 不要用未煮過或未經高溫消毒的蛋類放在生食物上。因為生蛋是細菌的最佳的培養媒介，例如沙門氏菌等。</li> <li>• 丟棄放置於室溫中超過一小時的蛋，含蛋的混合食物，或有蛋的菜餚。</li> <li>• 在使用罐頭之前，清洗罐頭的頂部和罐頭刀。</li> <li>• 所有肉類必須煮熟，肉應該沒有剩餘的粉紅色。</li> <li>• 應放食物在冰箱內冷卻，而不是放在外面。其中一個辦法是將大量的熱食物分</li> </ul>

<p>food into small, shallow containers for quick cooling in the refrigerator.</p> <ul style="list-style-type: none"> <li>• Do not eat perishable foods that have been left out of the refrigerator for more than two hours.</li> <li>• Do not eat foods that have been sitting in the refrigerator for more than three days. A helpful way to keep track is to put a date on prepared foods and other perishable, refrigerated items once they have been opened. It is also helpful to refrigerate only the amount of food that you will eat in two or three days and freeze the rest.</li> <li>• Raw meats and fish in the refrigerator.</li> <li>• Throw away food that has any mold on it.</li> <li>• Never taste foods that look or smell strange.</li> <li>• Wash and rinse fruits and vegetables thoroughly before eating them.</li> <li>• The following section provides a list of foods that are more likely to carry infection-causing organisms. In addition to the foods listed here, there may be other foods that your transplant center recommends that you avoid. In order to get a full listing of foods to avoid, make sure to discuss food safety guidelines thoroughly with your dietitian or medical provider.</li> </ul>	<p>成細小部份，放在淺的容器，以便快速在冰箱中冷卻。</p> <ul style="list-style-type: none"> <li>• 不要吃離開冰箱已經超過兩個小時的易腐爛食品。</li> <li>• 不要吃放在冰箱裡超過三天的食物。一個有用的方法是把菜餚或易腐食品 and 冷凍食品寫上打開食物包裝的日期。冷藏的食物最好是可以在兩天或三天吃完，其餘的食物應把它冷凍。</li> <li>• 生肉和魚類要放在冰箱。</li> <li>• 扔掉所有發霉的食物。</li> <li>• 千萬不要吃那些看或聞起來怪異的食物。</li> <li>• 吃水果和蔬菜前要徹底清洗。</li> <li>• 以下部分提供了有可能攜帶可以導致感染食物的的微生物名單。除了這裡列出的食物，還有其他的食物是您醫院的移植中心建議你避免進食的。為了獲得一個完整的避免進食列表，請務必仔細與你的營養師或醫療團隊討論你食物的安全準則。</li> </ul>
<p><b>Foods to Avoid</b></p> <ul style="list-style-type: none"> <li>• Free food samples.</li> <li>• Foods at potluck meals, where you don't know how food was prepared or how</li> </ul>	<p><b>需避免進食的食物</b></p> <ul style="list-style-type: none"> <li>• 免費食物樣本。</li> <li>• 大食會的食物，你不知道食物是怎麼準</li> </ul>

<p>long it was sitting out of the refrigerator.</p> <ul style="list-style-type: none"> <li>• Food from sidewalk vendors, delicatessens, smorgasbords, buffets, and salad bars.</li> <li>• Self-serve ice cream, milk shakes, and frozen yogurt from yogurt machines.</li> <li>• Sushi, raw fish, and smoked fish.</li> <li>• Raw eggs, Caesar salads containing raw egg, mayonnaise-based foods, custards, or other dishes that may contain raw eggs.</li> <li>• Well water unless it has been tested and found to be safe.</li> <li>• Unpasteurized honey, milk, cheese, and yogurt.</li> <li>• Non-refrigerated cream.</li> <li>• Non-roasted nuts or nuts in the shell.</li> <li>• Aged cheeses such as certain sharp cheeses.</li> <li>• Moldy cheeses such as Brie and blue cheeses</li> </ul>	<p>備或放在冰箱外有多久。</p> <ul style="list-style-type: none"> <li>• 街頭攤販，熟食店，自助餐館，快餐部和沙律部的食物。</li> <li>• 自助的冰淇淋、奶昔類和由機器製造的冰凍酸奶。</li> <li>• 壽司，魚生和熏魚。</li> <li>• 生蛋類、以蛋黃醬(美乃滋醬)為基本成分的食物、含有生蛋的凱撒雜錦沙律、乳蛋糕，或其他可能含有生雞蛋的食物。</li> <li>• 井水，除非它已經過測試證實是安全的。</li> <li>• 未經高溫消毒的蜂蜜，牛奶，奶酪和酸奶。</li> <li>• 非冷藏奶油。</li> <li>• 未烤過的堅果或有殼堅果。</li> <li>• 陳年的奶酪，例如某些酸澀奶酪。</li> <li>• 發霉的奶酪，如布里(Brie)和藍奶酪。</li> </ul>
<p>Discuss the use of vitamin/mineral supplements with your physician and dietitian, as they may interfere with various medications or may be harmful to major organs, especially the liver and kidneys. Be cautious if you are using nontraditional nutrition supplements, such as herbal preparations, as they may contain toxic impurities or infection-</p>	<p>要與你的醫生和營養師討論使用維生素/礦物質補充劑，因為它們可能會干擾各種不同藥物或可能會傷害到主要器官，尤其是肝臟和腎臟。如果你正在使用非傳統的營養補給品例如草藥，要謹慎，因為它們可能含有有毒性雜質或由真菌、酵母菌、霉菌或細菌引起的感染。這些可削弱免疫</p>

causing fungi, yeast, molds, or bacteria. These can be life threatening for a person with a weakened immune system.

For additional information or resources, please visit the Cancer Resource Center at 1600 Divisadero Street on the first floor, or call at (415) 885-3693.

The information in this publication is designed for educational purposes only and is not intended to replace the advice of your physician or health care provider, as each patient's circumstances are individual. We encourage you to discuss with your physician any questions and concerns that you may have.

系統功能以致危及生命。

有關更多的訊息或資源，請訪問在 1600 Divisadero 街一樓的癌症資源中心，或致電 (415) 885-3693。

本刊物中的資訊僅以教育為目的，而不是為了取代你跟你的醫生或醫護人員的忠告，因為每個病人的情況有各自的特性。我們鼓勵你與你的醫生討論你所關心的問題。