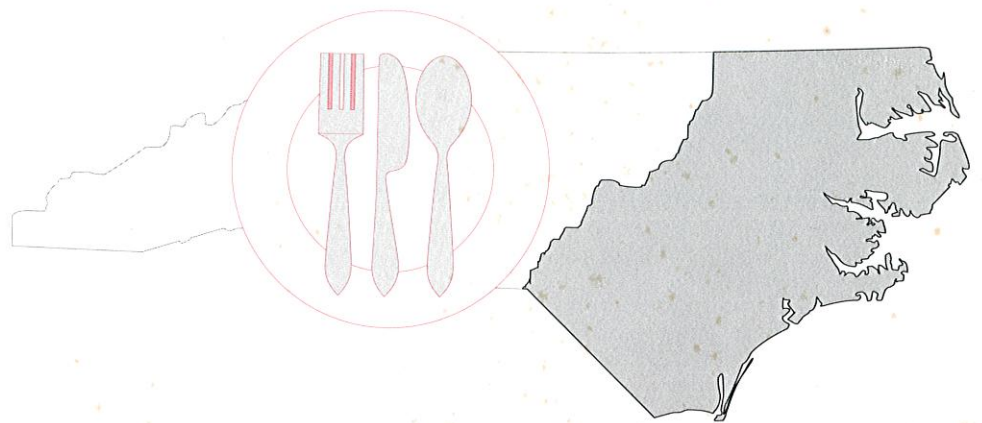


# Healthy HABITS for Healthy EATING



**A guide to healthy eating  
and healthy living, specifically  
designed for residents of  
eastern North Carolina.**

African slaves came to North Carolina, often through the Caribbean, and brought okra, yams, ground nuts and the tradition of spicy stews with them as silent reminders of their homeland. They also learned from the Native populations to eat corn, fish, game, tomatoes, peppers, squashes and beans. These foods are still the foundations of traditional Carolina cooking. They are also healthy to eat in the right amounts cooked without added oil or fat, salt and sugar. Just as our early ancestors ate only small quantities of meat, larger portions of vegetables and whole grains, we need to, also.

Part of the problem of our diets is that life here is too rich. Today, we have more food available to us at cheaper costs than ever before, much of it preserved and processed commercially in ways that help us by reducing food spoilage. Eating preserved, processed foods in large quantities adds too much sodium or salt, sugar and fat to our diets. We have to learn to make the food choices that best meet our bodies' needs today, because those choices can protect us and our children from getting too fat and developing heart disease, diabetes and high blood pressure. Our diet can also determine if we have healthy babies and if our toddlers get sick or not. We have to learn how to prepare our fresh foods without the added salt, fat and sugar our ancestors used.

Our ancestors would be surprised to see all the food we have, and, if they were here today, they'd have the same problems making choices and planning for preparation that you do. But they would learn because they were hard-working survivors. You can be one, too. Adapting to changing environments and surviving is your heritage.

This booklet is a guide for you to learn how to make these changes with as little trouble as possible. Your doctor, nurse, or nutritionist can help you plan how to make the changes described so they best fit your own lifestyle.



Nutritious foods grow in eastern North Carolina, but most people who live here do not have a healthy diet. Our diet is no longer in balance with how we live, work and play.

Our ancestors from Europe, Africa and the Indian Nations native to North Carolina had a much different lifestyle. They had to produce their own food and process it by drying, smoking, salting and, later on, by learning to can foods in hot water so they could get by in seasons of scarcity. Our ancestors worked hard outdoors to make a living and produced many children who also worked hard. Our ancestors' bodies were leaner, shorter, and needed more energy because of their hard work and because crops failed and foods spoiled. There were no markets where supper could be picked up in a few minutes. At times, they were hungry, and their diets were monotonous. Yet we still practice many of their food preparation techniques to extend scarce supplies, such as making a little piece of pork meat go a long way by adding it to a pot of beans or greens, and adding extra salt and fat to dishes which originally covered spoiled flavors. We also still love our desserts made from sugar and fat which gave our ancestors the extra calories they needed to work, but which we no longer need as we sit behind desks or watch TV.

The foods our ancestors ate were healthy for them and are healthy for us as long as we change how much of them we eat and how we prepare them. Native Carolina Indians ate fish, beans, corn, squash, berries, shellfish, wild greens, herbs, acorns and lean, low fat game. Brunswick Stew was originally prepared with squirrel and venison in the Indian tradition. Settlers from England had to learn to eat these foods too and to blend them with their own hearty foods of wheat and barley breads, pork, beef, milk, butter, fish, vegetables (carrots, parsnips and beets) and preserved fruits.

"For the 2 of 3  
Americans who  
neither smoke nor  
drink, eating  
patterns may  
shape their long  
term health  
prospects more  
than any other  
personal choice."

**-Surgeon General  
1988**



## Eat Right By Following The Dietary Guidelines Outlined Below:

- Eat a variety of foods (breads and cereals, dairy, fruits, vegetables, and meat, poultry, and fish).
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet with plenty of vegetables, fruits, and grain products.
- Use sugars and salts only in moderation.
- If you drink alcoholic beverages, do so in moderation.

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**If you have medical conditions like high cholesterol, high blood pressure or diabetes, your doctor may have told you to make some life style changes.**

These changes will help you feel better and lessen other medical side effects of your condition.

- If overweight, lose weight.
- Exercise regularly.
- Stop smoking.
- Eat less fat, especially saturated fat.
- Reduce the stress in your life.
- Read and use the "Nutrition Facts" box on food packages.
- Eat more foods that contain fiber (oats, beans, and fruit) and starches (grains and root vegetables).
- Limit your consumption of cholesterol-rich foods (egg yolks, organ meats, shrimp and lobster).
- Follow-up with your doctor.

*Change one thing at a time! After you succeed with one, go on to the next one. Be patient. It takes time!*



## Do You Eat Too Much Fat?

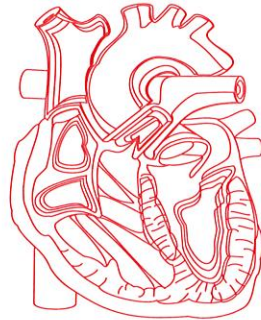
If you have high blood cholesterol, you have a greater chance for heart disease and heart attack. Your doctor probably told you to eat fewer foods high in saturated fat and cholesterol, and lose some weight. Do you know if you eat too much fat? Take this quiz to find out.

- Your salads are topped off with a generous amount of dressing or have a shiny coating of oil.*
- Your meat is often served with gravy.*
- You prefer your pasta with cream sauce or cheese sauce.*
- Your favorite way to cook is to fry.*
- You use butter or margarine at almost every meal.*
- You want to add oil, shortening, meat grease or sour cream to foods.*
- When you want a snack, you reach for crackers, chips, cakes, cookies, doughnuts, nuts, ice cream or chocolate.*
- You eat sausage, bacon, bologna or hot dogs more than twice a week.*
- For dessert, you choose ice cream, cake, cookies or pie.*
- You love vegetables seasoned with fatback, meat grease or ham hock.*
- Your favorite ways to eat potatoes are french fried and as potato chips.*
- Your usual breakfast is bacon or sausage, and fried eggs.*
- You eat the fat that is left on the meat.*
- You use whole milk.*
- You eat cheese more than 4 times per week.*
- You usually don't read the "Nutrition Facts" on food labels.*

The more boxes you checked, the more likely it is that you eat too much fat. But don't worry. You can cut down on much of this fat by making a few changes in the way you eat. Read on to find out how.



## Reducing Fat In Your Diet



Reducing the amount of fat in your diet is one way to help lower your risk of heart disease. Read below to find out what people in Eastern North Carolina told us they do to cut down on fat.



### When you cook:

- Instead of frying: roast, bake, broil or grill your food.
- Steam or microwave vegetables without adding oil, butter or margarine.
- Fry with vegetable oil spray instead of butter, margarine or oil.
- Trim the fat away from your meat before cooking.
- Always drain fried foods.
- Boil smoked, cured, pickled and salted meats separately, and drain away the salt and fat before adding vegetables.

"I don't know how to cook any other way."

## Substitute a few ingredients in recipes to reduce the fat:

- Baste with broth or tomato juice, not fat drippings.
  - Use two egg whites in place of each whole egg.
  - Eat smaller portions of meat.
  - Use less butter, lard, or meat drippings to season vegetables and meats.
  - Eat fewer sweet pastries like doughnuts and fried pies.
  - Change from hard (stick) butter to soft (tub) margarine.
- "I've got to have chips and cookies around the house for the kids."*
- Use light margarine, light mayonnaise, and no-fat salad dressing.
  - Do not eat the skin from chicken, turkey or fish.
  - If you fry your food, coat lightly to soak up less fat.
  - Buy reduced-fat or low-fat sausage, bacon, and luncheon meats.
  - Use skim milk instead of whole milk.
  - Top meat and fish with vegetables or herbs instead of cream or butter sauces.
  - Use no-fat or low-fat cheese instead of regular cheese.
  - Cut down on salty snack foods such as crackers and potato chips.
  - Eat more foods with dietary fiber such as oatmeal, fruits, and vegetables.
  - Season with onion, garlic, spices, herbs, hot sauce, salsa, lemon juice, wine or cider vinegar, or cayenne pepper.
  - Cook green beans with lean ham or smoked turkey.



### ■ Can I use butter and margarine?

Both of these are 100% fat, so use only small amounts. Try light or reduced fat butter or margarine.

"I can't eat collards without seasoning.."

### ■ What can I use instead of butter or margarine to season foods?

Try one of the reduced fat margarines or try seasoning with Molly McButter<sup>®</sup>, Butter Bud Sprinkles<sup>®</sup> or McCormick Best O'Butter<sup>®</sup> to get a butter flavor. Greens and other vegetables can be flavored with low sodium chicken, lean beef, lean ham, or vegetable bouillon.

### ■ Can I eat eggs?

You should limit yourself to no more than four egg yolks a week. However, you can use egg substitutes.

### ■ What milk should I use?

Use skim milk for cooking and drinking.

### ■ What cheese can I eat?

Regular cheese is high in fat, so use it sparingly. There are some good low fat choices: cottage cheese, part skim/skim ricotta cheese, part skim mozzarella cheese. There are a lot of brands making a lower fat product. Read the label to select a cheese that has from one-third to one-half less fat than regular cheeses. There are also some no-fat cheeses.

### ■ What salad dressing should I use?

Read the labels and find one that makes a claim about the fat or calories. Listed below are some of the words that describe how much fat is in each product:

- **Fat Free** has less than one-half gram of fat per one ounce serving.
- **Low-Fat** contains three grams or less fat per one ounce serving.
- **Reduced** or **Less Fat** contains at least one-fourth less fat than the regular product.
- **Light, Lite** contains at least one-third less fat than the regular product.



The best way to lower or maintain a healthy cholesterol level is to change the way you eat. The key is to cut back on foods high in fat and cholesterol, and choose more starches and high-fiber foods. Below you will find some diet questions commonly asked by North Carolinians.

■ **Can I eat red meat?**

Yes. Choose the lean cuts and don't add fat. A few good choices include:

- Top round
- Bottom round
- Eye of round
- Top sirloin
- Arm roast
- Fresh or cured ham
- Sirloin tip
- Canadian bacon
- Pork tenderloin
- Loin chops
- Picnic shoulder
- Cured ham

■ **How much meat can I have?**

Limit your serving size to 3 ounces (about the size of a deck of playing cards). Have only 2 servings each day.

■ **Can I eat fried chicken?**

Instead of frying, you should barbecue, grill, broil, bake, stew, microwave or steam. If you fry, use a non-stick vegetable spray.

■ **Does it really matter if I trim the fat off meat?**

Every one inch cube (about 1 tablespoon) of fat you remove from food is 100 calories. Eat chicken or turkey without the skin. You can leave the skin during cooking to keep the meat moist but don't eat it.

"Low fat foods just don't taste good."

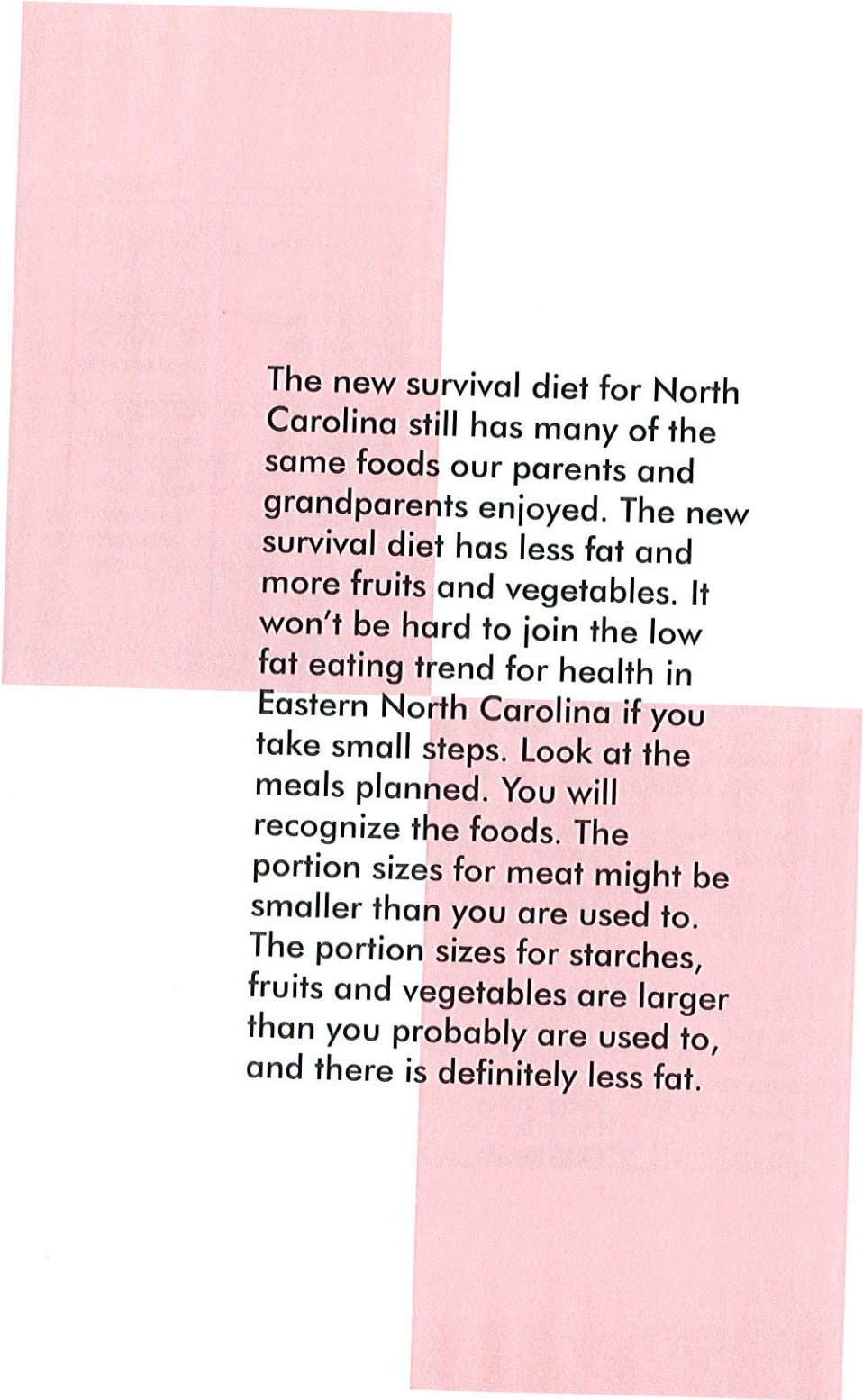
■ **Can I eat barbecue?**

Yes, but choose a restaurant that separates the lean from the fat before chopping the pork.

■ **Can I eat shrimp, clams, crabs, scallops and oysters?**

These are lower in cholesterol than we previously thought; however, don't fry them often.





The new survival diet for North Carolina still has many of the same foods our parents and grandparents enjoyed. The new survival diet has less fat and more fruits and vegetables. It won't be hard to join the low fat eating trend for health in Eastern North Carolina if you take small steps. Look at the meals planned. You will recognize the foods. The portion sizes for meat might be smaller than you are used to. The portion sizes for starches, fruits and vegetables are larger than you probably are used to, and there is definitely less fat.



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	SUN	MON	TUES	WED
<b>Breakfast</b>	½ cup cooked grits ½ English muffin 1 cup 1% milk ½ cup orange juice 1 teaspoon margarine Unsweet tea or coffee	1 bagel 1 cup low fat plain yogurt 1¼ cups fresh strawberries 1 tbl. no-fat cream cheese Unsweet tea or coffee	2 slices whole wheat bread 1 cup 1% milk ½ cup grape juice 1 tablespoon diet margarine Unsweet tea or coffee	2 slices French toast 1 cup 1% milk ½ cup orange juice 1 teaspoon margarine 2 tbl. low-sugar jelly Unsweet tea or coffee
<b>Lunch</b>	1 hoagie roll ¼ cup shredded lettuce ¼ cup tomatoes ¼ cup peppers ¼ cup onions 2 ounces roast beef 2 tbl. no-fat salad dressing Unsweet tea, coffee, or diet soda	2 slices bread 1 cup green beans 2 ounces lean ham 1¼ cups watermelon 2 tbl. no-fat salad dressing Unsweet tea, coffee, or diet soda	20 French fries 1 cup steamed broccoli 2 ounces broiled hamburger ½ cup applesauce Mustard and ketchup Unsweet tea, coffee, or diet soda	2 slices bread 2 cups tossed salad 2 ounces tuna 1 small apple 2 tbl. no-fat salad dressing Unsweet tea, coffee, or diet soda
<b>Dinner</b>	4 ounces fish 2 cups tossed salad 2 boiled potatoes 1 cornbread square 1 tbl. vinegar/oil dressing 1 apple Unsweet tea, coffee, or diet soda	4 ounces baked chicken ½ cup beets 1 cup mixed vegetables 2 small dinner rolls 2 teaspoons margarine ¾ cup light fruit cocktail Unsweet tea, coffee, or diet soda	4 ounces turkey breast 1 cup cooked carrots 1 cup mashed potatoes 1 small dinner roll 1 tablespoon gravy ¼ honey-dew melon Unsweet tea, coffee, or diet soda	3 ounces lean pork chops 1 cup cooked greens with 2 teaspoons seasoning Cornbread square ½ cup corn ½ cup unsweet applesauce Unsweet tea, coffee, or diet soda
<b>Snack</b>	1 cup 1% milk ¾ cup cornflakes	1 cup 1% milk 10 teddy grahams	1 cup 1% milk 5 vanilla wafers	1 cup 1% milk 3 cups air-popped popcorn
<b>Nutrition</b>	Calories: 1900 Fat: 25% Cholesterol: 180 mg Sodium: 2000 mg Calcium: 957 mg Iron: 13 mg Dietary Fiber: 21 g	Calories: 1600 Fat: 22% Cholesterol: 160 mg Sodium: 3300 mg Calcium: 1125 mg Iron: 13 mg Dietary Fiber: 25 g	Calories: 1800 Fat: 31% Cholesterol: 180 mg Sodium: 2400 mg Calcium: 965 mg Iron: 12 mg Dietary Fiber: 26 g	Calories: 1800 Fat: 30% Cholesterol: 350 mg Sodium: 2300 mg Calcium: 978 mg Iron: 10 mg Dietary Fiber: 23 g



	THURS	FRI	SAT
<b>Breakfast</b>	1 cinnamon raisin bagel 2 tablespoons peanut butter 1 cup soy milk ½ cup stewed apples Unsweet tea or coffee	1 cup oatmeal with 2 tablespoons seedless raisins ½ cup calcium fortified grapefruit juice Unsweet tea or coffee 1 cup soy milk	1 cup cooked oatmeal or grits 1 cup 1% milk 2 tablespoons raisins 1 teaspoon margarine Unsweet tea or coffee
<b>Lunch</b>	1½ cup lentils and rice with teaspoon of olive oil and spices 1 cup tossed green salad 1 tablespoon low calorie Italian dressing ½ cup pineapple chunks Unsweet tea, coffee, or diet soda	Stir fry tofu with veggies (broccoli, carrots, bellpepper, mushrooms, onions) over 1 cup cooked Bulgur wheat 1 tablespoon olive oil 1 each pita bread 1 cup melon fruit cup Unsweet tea, coffee, or diet soda	1 cup mashed potatoes 1 cup green beans 2 ounces fried fish 1 orange Unsweet tea, coffee, or diet soda
<b>Dinner</b>	1 cup vegetarian chili 2 (2"x2") squares cornbread 1 cup steamed broccoli 1 medium Bartlett pear Unsweet tea, coffee, or diet soda	3 ounces veggie burger on whole wheat bun ½ cup coleslaw salad 10 baked sweet potato sticks 1 apple 2 teaspoons oil Unsweet tea, coffee, or diet soda	4 ounces beef stew 1 cup carrots, onions 3 small potatoes 1 teaspoon margarine ¾ cup light peaches Unsweet tea, coffee, or diet soda
<b>Snack</b>	1 English muffin toasted 1 tablespoon preserves 1 teaspoon diet margarine 1 cup soy milk	3 cups air popped popcorn 1 cup soy milk	1 cup 1% milk 3 cups air-popped popcorn
<b>Nutrition:</b>	Calories: 1803 Fat: 22% Cholesterol: 34.6 mg Sodium: 2251 mg Calcium: 456 mg Iron: 24 mg Dietary Fiber: 39 g	Calories: 1764 Fat: 28% Cholesterol: 10.2 mg Sodium: 1094 mg Calcium: 632 mg Iron: 21 mg Dietary Fiber: 45 g	Calories: 1800 Fat: 22% Cholesterol: 170 mg Sodium: 1500 mg Calcium: 921 mg Iron: 12 mg Dietary Fiber: 28 g



**The preceding sections were on fat control and that's the major issue for North Carolinians when considering Heart Disease, Hypertension, Diabetes, and Obesity.**

**But fat control is not the whole picture. Some other food choices are important too.....**



## Am I Getting Too Much Sodium?

Most people in North Carolina eat lots more sodium than they need every day. For about 4 in every 10 North Carolinians, too much salt makes the blood pressure go up. Read the "Nutrition Facts" on the package to see how much sodium is in the food. Surprisingly, not all high sodium foods taste salty. Use the check sheet to see if you are getting too much sodium.

- Do you usually use the salt shaker at the table or in cooking?
- Do you ignore the "Nutrition Facts" on the food packages and cans?
- Do you eat cured or luncheon meats, ham, bacon and/or sausage more than 3 times each week?
- Do you add seasonings, salad dressings, soy sauce, and/or catsup to foods more than 3 times each week?
- Do you eat salty snacks more than 3 times each week?
- Do you eat at fast food restaurants more than 3 times each week?

If your blood pressure is high, talk with your doctor about medicine, diet, exercise, and weight control.

## Am I Getting Enough Iron?

Iron is important in the diet because it has a central role in supplying oxygen to the body. Iron helps to build and maintain healthy blood. Children who have good levels of iron in their blood have an easier time paying attention in school and get sick with colds and flu less frequently. Also, if children have enough iron in their blood, they have a smaller risk of suffering the effects of lead poisoning, if they are exposed to lead paint, eat dirt or breathe lead exhaust.

Children and women of childbearing age should pay particular attention to receiving enough iron in their diet each day.

The following foods supply iron in your diet:

### Fruits & Vegetables

- Dried apricot halves
- Dried beans or peas
- Beets
- Chard
- Dates
- Dried peaches
- Dried prunes or prune juice
- Raisins
- Spinach
- Strawberries
- Tomato Juice



### Meats

- Chicken
- Clams
- Lean ham
- Lean lamb
- Oysters
- Lean pork
- Sardines
- Scallops
- Shrimp
- Tuna
- Turkey

### Grains

- Iron-fortified cereal
- Wheat germ
- Whole-grain and enriched breads

There are other sources of iron, but they are from fatty foods and should only be eaten on occasion. These foods include:

- Egg yolks
- Liver sausage
- Fatty pork
- Beef liver, kidney and organ meats



## Am I Getting Enough Calcium?

Most women in North Carolina get only half of the calcium they need every day. So it's important to eat more foods with calcium. Read the "Nutrition Facts" on the box or package to see how much calcium is in the

"I can't drink  
blue milk."

food. If you don't get at least 800 milligrams from the food you eat, talk with your doctor about taking a calcium supplement. Since there are only a few foods that give you most of your calcium, use the checksheet to see if you are getting enough every day.

- Did you drink a glass of milk yesterday?
- Did you eat any yogurt yesterday?
- Did you eat fortified cereal with milk yesterday?
- Did you drink a juice fortified with calcium yesterday?
- Did you eat broccoli, collards, kale, spinach, or other greens yesterday?
- Did you eat canned salmon with bones or sardines yesterday?
- Did you eat cheese yesterday?
- Did you eat cottage cheese yesterday?
- Did you eat ice cream, pudding, or frozen yogurt yesterday?

If you didn't say yes to at least 4 of these questions, you probably are not getting enough calcium.

## Am I Getting Enough Fiber?

Most Eastern North Carolinians get less than half of the dietary fiber recommended every day. Fiber is good because it may help lower your blood cholesterol, prevent constipation, hemorrhoids, diverticulosis and irritable bowel syndrome. It may help you eat slower so you don't overeat.

So, it's important to eat more foods with dietary fiber. Add foods with fiber slowly until you are eating the recommended daily total of 20 - 30 grams. Read the "Nutrition Facts" on the box or package to see how much fiber is in the food.

### Ways to Increase Fiber in Your Diet:

- Eat lots of fruits, vegetables, and grain foods. Eat 3-5 servings of vegetables, 2-7 servings of fruits and 6-11 servings of grains, cereals, and pasta. It sounds like a lot of food, but servings are usually only half of a cup.
- Eat more legumes such as kidney beans, navy beans, lima beans, and black-eyed peas.
- Eat a bran cereal several times a week.
- Eat the peel of raw fruits and vegetables.
- Eat baked potato with the skin left on.
- Eat fresh fruit instead of drinking juice.
- Sprinkle wheat germ on cereals or low fat yogurt or other foods.
- Add whole wheat bread, oatmeal, or wheat germ as an ingredient in meat loaf or hamburger casseroles.

It's important, too, if you experience constipation, to drink lots of fluids, 8-10 cups each day.



## Is Your House Safe For Eating?

Some people are more vulnerable than others to foodborne disease. Generally, people who have a disease, such as diabetes, cancer, liver disease, HIV and AIDS, and/or older adults, pregnant women, infants and small children are more likely to get sick when eating food that has not been stored or prepared safely. Most people who eat mishandled food do not get sick or only suffer mild diarrhea and stomachache. However, there are people who cannot fight off bacteria as easily as others, and may become very ill and even die.

**TAKE CONTROL!** Help protect yourself when you eat out. When eating out, make sure you only eat in restaurants that have an "A" rating on the sanitation certificate. The inspection certificate should be hanging near the cash register. If you don't see it, ask. Don't eat raw seafood, meat, poultry or eggs. Don't eat hamburger that is still pink or unpasteurized dairy products. Don't eat from buffet tables unless the hot food is kept hot, the cold food is kept cold and the food is replaced often.

**TAKE CONTROL!** Help protect yourself at home. Most people that get sick from harmful bacteria get sick at home. Make sure your house is safe for eating. This checklist was developed by Dr. Carolyn Lackey, Professor and Food & Nutrition Extension Specialist, North Carolina Cooperative Extension Service. Take a few moments to think about the places you keep, prepare and eat food in your home. Then, read the questions below and check the box next to each question in which the answer is YES.

### In the refrigerator...

1. Is the temperature above 40°F?
2. Are there moldy or spoiled foods?
3. Is food uncovered or improperly covered?
4. Are raw fruits and vegetables in contact with raw meat/meat juices?
5. Is food past the expiration date?
6. Is food in tightly closed styrofoam "carry out" containers?

### On the sink/counter area...

7. Are there dirty dishcloths, sponges or towels?
8. Is there no dishwashing liquid or hand soap?
9. Are there no paper towels?



10. Are there vegetables (onions/potatoes) stored with cleaning supplies?
11. Is there a fat dripping container?
12. Are there dirty counter tops (insect or rodent droppings)?
13. Is perishable food left out to thaw on counter?

**In the cupboards...**

14. Are there bulging or leaking cans?
15. Are there insects?
16. Are there pesticides or chemicals?

**Equipment/Utensils:**

17. Are there moldy foods (bread, potatoes, or onions)?
18. Is there a dirty mechanical or electric can opener?
19. Are there dirty cutting boards?
20. Is there no thermometer (meat or refrigerator)?
21. Is the dishwasher temperature below 140°F?

**If you answered "Yes" to any question, you may have a food safety problem. Read on to find out how you can correct the problem.**



**Refrigerator:**

1. Adjust refrigerator temperature to 35°F - 40°F.
2. Remove all moldy and spoiled food, clean refrigerator with soapy water, and rinse well.
3. Store food in airtight containers.
4. Store fruits and vegetables in a separate bin away from raw meats.
5. Examine foods that are past their expiration date, for signs of spoilage.
6. Remove "carry out" foods from their styrofoam cartons and store in food grade storage containers.

**Sink/Counter Area:**

7. Keep clean dishcloths, sponges, and towels in kitchen.
8. Use dishwashing liquid to clean dishes and counters.
9. Keep paper towels for spills.
10. Find another storage area for vegetables that should not be refrigerated. Avoid accidental poisoning by storing supplies away from food preparation or storage areas.
11. Throw out fat dripping containers, but if you must season, refrigerate container.
12. Keep counter spaces clean. Spills and crumbs invite insects and rodents.
13. Thaw foods in refrigerator, microwave or under cold running water. Place leftovers in refrigerator immediately.

**Cupboard:**

14. Discard bulging and leaking cans of food.
15. Identify where insects and rodents are entering and nesting in house and eliminate them.
16. Store pesticides and chemicals away from the kitchen area.
17. Throw away moldy foods and clean the area they were in thoroughly.

**Equipment/Utensils:**

18. Remove blade from electric can opener and clean with hot soapy water. Clean mechanical can opener after each use.
19. Wash cutting boards in hot soapy water. Be sure to clean board after raw meat has been on it so items placed on the board later during food preparation will not be contaminated with bacteria that may have been present on the raw meat.
20. Purchase and place a refrigerator thermometer in the refrigerator. Use a meat thermometer when cooking meats.
21. Check the temperature of the dishwasher water as it enters the dishwasher to be sure it is not below 140°F.





## CREDITS

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