

# Healthy Eating for the Holidays and Beyond

## Look inside for:

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For more information on ways to lead a healthier lifestyle visit our website [GetHealthyCT.org](http://GetHealthyCT.org)



Find us on Facebook and Twitter!

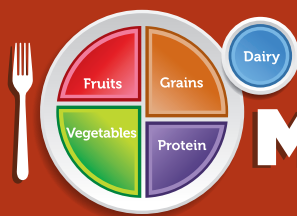


**December 2019**



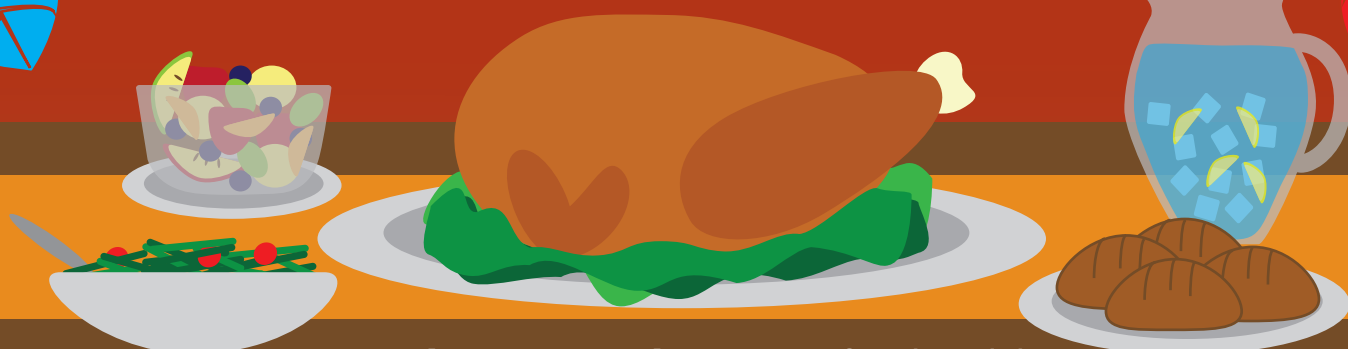


United States Department of Agriculture



MyPlate

# Holiday makeover



visit **choosemyplate.gov** for healthier options during the holidays

## tweak the sweets



VS



fruits make delicious desserts

## cheers to good health



VS



drink water to manage calories

## bake healthier



VS



use recipes with pureed fruits instead of butter or oil

## spice it up



VS



use spices and herbs instead of sugar and salt

## brighten your meal



VS



fill half your plate with fruits and vegetables

## skim the fat



VS



try skim evaporated milk instead of heavy cream

## swap the grains



VS



choose whole wheat flour instead of white flour

## go easy on the gravy



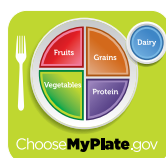
VS



a little bit of gravy goes a long way



**10  
tips**  
Nutrition  
Education Series



**MyPlate  
MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

# Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

## 1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to [Supertracker.usda.gov/myrecipe.aspx](http://Supertracker.usda.gov/myrecipe.aspx).



## 2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

## 3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

## 4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

## 5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



## 6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



## 7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

## 8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

## 9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

## 10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.







# Haga elecciones más saludables en las festividades

**Las festividades a menudo están llenas de tradiciones consagradas en el tiempo que incluyen algunas de nuestras comidas y alimentos favoritos.** Mientras celebra, piense en los pequeños cambios que puede hacer para crear comidas más saludables y días activos.

## 1 Cree modificaciones de MiPlato

Transforme sus platos favoritos de las festividades. Use Mi Receta en SuperTracker para mejorar las recetas de las festividades y obtener resultados más saludables. Vaya a <https://www.SuperTracker.usda.gov/myrecipe.aspx>.



## 6 Ajuste el dulce

Para el postre, pruebe las manzanas al horno con canela y una pizca de azúcar en lugar de pastel de manzana. Invite a sus invitados a hacer su propio parfait con fruta cortada de colores y yogur bajo en grasa.



## 2 Disfrute de todos los grupos de alimentos en su celebración

Prepare galletas integrales con hummus como aperitivo; agregue frutos secos sin sal y frijoles negros a una ensalada de hojas verdes; incluya fruta fresca en la mesa de los postres; use en sus guisados leche baja en grasa en lugar de crema para batir. Comparta opciones más saludables durante sus comidas de festividades.

## 3 Asegúrese de que la proteína sea magra

Pavo, carne asada o jamón fresco son opciones de proteína magra. Recorte la grasa visible antes de cocinar. Pruebe a hornear o asar en el horno en lugar de freír. Tenga cuidado con las salsas y jugos de carne.

## 4 Felicitaciones a la buena salud

Sacie su sed con opciones bajas en calorías. Beba agua con rodajas de limón o lima. Ofrezca agua mineral con un chorrito de jugo de fruta 100%.

## 5 Hornee de manera más saludable

Use recetas con puré de manzana sin azúcar o puré de plátanos maduros en lugar de mantequilla. Trate de reducir la cantidad de azúcar que figura en las recetas. Use especias tales como canela, pimienta de Jamaica o nuez moscada para agregar sabor.



## 7 Sea el alma de la fiesta

Ríase, hable con todos, baile y juegue a juegos. Concéntrese en la diversión y disfrute de la compañía de los demás.

## 8 Haga del ejercicio una parte de la diversión

Convierta la actividad física en parte de su tradición de las festividades. Diviértase caminando y hablando con la familia y amigos después de una comida de festividades. Haga regalos que animen a los demás a practicar hábitos saludables como DVD de ejercicios, zapatillas deportivas y botellas de agua reutilizables.

## 9 Disfrute de las sobras

Cree nuevas comidas deliciosas con las sobras. Agregue el pavo a las sopas o ensaladas. Use los vegetales extra en omelets, sándwiches o estofados. ¡Las posibilidades son infinitas!

## 10 Dé a los demás

Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Don alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.





# Avoid the Holiday Pounds Using Mindful Eating Strategies



The holiday season can be a difficult time when it comes to managing your weight. With secret family recipes and special homemade desserts, it can be hard to resist a treat! By using mindful eating techniques, you can satisfy your cravings while avoiding the urge to overeat. Research shows an average holiday weight gain of 1 pound and those pounds can add up over time. However, the Mayo Clinic states that mindful eating is an effective strategy in weight loss, weight management, and a general healthful diet. For more information visit, [www.thecenterformindfuleating.org](http://www.thecenterformindfuleating.org). Use the following tips to avoid the pounds this holiday season:

**Look** over all available entrée, side dish, and dessert options. Make your selections and visualize portion sizes *before* you add food to your plate.

**Take** small portions. After finishing your plate, wait 15-20 minutes before returning for seconds. While you wait, stay in the present moment, remain in a relaxed state, and enjoy conversation with family and friends.

**Before** serving yourself a second helping of food, **rate** your current level of hunger (1-10):

1= starvation; symptoms of irritability, nausea, weakness, dizziness

5= comfortable; not hungry, not full

10= extreme fullness; symptoms of digestive distress, sleepiness

**Rating 5 or below?** You may take more food, but serve yourself a smaller portion than your first helping.

**Rating 6 or above?** Do not return for a second helping. Instead, have a glass of water and take home a doggie bag if offered.

**Chew** slowly and savor each mouthful. As you chew, activate your senses.

- How does the food look? Pay attention to color, shape, and texture.
- How does the food smell? Does the smell trigger any memories?
- How does the food feel? Consider: hard or soft, crispy or soggy, crunchy or smooth.
- How does the food taste? Try to categorize taste and pinpoint flavors: sweet, bitter, salty, sour, umami (savory), or a combination.

**Pause** between bites. Allow yourself time to swallow fully. After swallowing, take a couple deep breaths.

**Don't** aim to clear the plate, aim to satisfy your hunger. Pay close attention to your hunger cues throughout your meal. Eat until you are satisfied – do not wait until you are stuffed. If you do not finish your current plate, package the leftover food and save it for a later date.

## Pumpkin Pudding

### Ingredients

- 1 can pumpkin (15 oz., or 2 cups cooked mashed squash such as Hubbard)
- 2 tsp pumpkin pie spice (or 1 tsp cinnamon, ½ tsp ginger, ¼ tsp nutmeg, and ¼ tsp cloves)
- 1/8 tsp salt
- 1 ½ cup milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz, small box)

### Directions

1. In a large bowl, mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir for 2 minutes until it thickens.
4. Refrigerate until serving time!



### Nutrition Facts

Serving Size: ¾ cup

Serves: 6

Calories 114

Fat 1g

Saturated Fat 0.5g

Total Carbohydrate  
25g

Fiber 2.5g

Sugars 19g

Protein 3g

Sodium 352mg

Potassium 246mg

Phosphorus 84mg



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ADMINISTRATION**

# Tips for Making Healthy Choices While Food Shopping

Healthy eating starts at the grocery store, so it's important to make nutritious choices. Here are some tips to help you shop smart.

Use the **Nutrition Facts label** to compare foods and find what's right for you. Choose items higher in dietary fiber, vitamins, and minerals, and lower in saturated fat, *trans* fat, sodium, and added sugars.

- **Check the serving size** when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label, which is usually one serving. Some containers have two columns with one column listing the nutrition information per serving and the other column listing the nutrition information for the entire package.
- Balance calories in and out. A total intake of 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>.
- Look at the **%DV** to choose products that are higher in nutrients you want to get more of—like dietary fiber, vitamin D, calcium, iron, and potassium—and lower in nutrients you want to get less of—like saturated fat, *trans* fat, sodium, and added sugars.
- Eat before you shop. Grocery shopping hungry can lead to impulse buying and unhealthy food choices.
- Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive.
- Try canned or frozen fruits and vegetables. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice without added sugars and vegetables with “low sodium” or “no salt added” on the label. For frozen items, look for vegetables without sauce or seasoning, which can contain added sodium.





# How Do I Follow a Healthy Diet?

The American Heart Association recommends an eating plan that emphasizes intake of vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (dried beans and peas), nontropical vegetable oils, nuts and seeds. It should limit intake of sodium, sweets, sugar-sweetened beverages and red meats.



## Vegetables

- One serving equals: 1 cup raw leafy vegetables (about the size of a small fist); ½ cup cut-up raw or cooked vegetables; ½ cup vegetable juice.
- Eat a variety of colors and types, especially deeply colored vegetables, such as spinach, carrots, and broccoli.
- Look for vegetables that are fresh, frozen, or canned in water without added sugar, saturated and *trans* fats, or salt.

## Fruits

- One serving equals: 1 medium fruit (about the size of a baseball); ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit; ½ cup 100% fruit juice.
- Eat a variety of colors and types, especially deeply colored fruits such as peaches and berries.
- Eat whole fruits to get all of the nutrients (such as fiber) that can be missing in some juices.

## Whole grains

- One serving equals: 1 slice bread; ½ cup hot cereal, 1 cup flaked cereal; or ½ cup cooked rice or pasta (about the size of a baseball).
- At least half of your servings should be high-fiber whole grains. Select items like whole-wheat bread, whole-grain crackers and brown rice.
- Aim for about 25-30 grams of fiber from foods each day.

## Poultry, fish and lean meats (less than 6 cooked ounces per day)

- A 3 oz. portion is about the size of a deck of playing cards, ½ of a chicken breast or ¾ cup of flaked fish.
- Enjoy at least 2 servings of baked or grilled fish each week; especially fish high in omega-3 fatty acids, like salmon, trout, and herring. (3 oz. of grilled or baked fish is about the size of a checkbook).
- Trim all visible fat from meats before cooking.
- Remove skin from poultry before eating.

(continued)





### Nuts, seeds, and legumes

- One serving equals:  $\frac{1}{3}$  cup or  $1\frac{1}{2}$  oz nuts; 2 Tbsp. peanut butter (no salt added); 2 Tbsp. or  $\frac{1}{2}$  oz seeds;  $\frac{1}{2}$  cup cooked legumes (dried beans or peas).
- Add beans to your soups, salads, and pasta dishes.
- Try unsalted nuts in your salads, stir-fries, or stirred into yogurt.

### Low-fat dairy products

- One serving equals: 1 cup milk or yogurt or  $1\frac{1}{2}$  oz. low sodium, fat-free or low-fat cheese (about the size of 6 stacked dice).
- Use only milk products with 0% to 1% fat. 2% milk is not low-fat.
- Have only fat-free or low-fat yogurt with no added sugars.
- Use dry-curd, fat-free or low-fat cottage cheese.
- Cheeses (low-sodium, fat-free or low-fat) should have no more than 3 grams of fat per oz. and no more than 2 grams of saturated fat per oz.



## HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

## Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**How many calories should I eat each day?**

**What's a good, healthy cookbook?**

## My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



**American Heart Association®**

life is why™



# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

## Shop Smart— Get the Facts on the New Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will be changing in the near future, and the updates will help you:

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium
- Compare similar foods to find out which one is lower in calories
- Look for foods that are lower in saturated fat, *trans* fat, sodium, and added sugars

### Start with the Servings Per Container and Serving Size

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

### Check Out the Total Calories

- Find out how many calories are in a single serving

### Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember: percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.
- 5 percent or less is low — try to aim low in saturated fat, *trans* fat, cholesterol, and sodium
- 20 percent or more is high— try to aim high in vitamins, minerals and dietary fiber

Current Label:	New Label:
<b>Nutrition Facts</b> Serving Size 2/3 cup (55g) Servings Per Container About 8	<b>Nutrition Facts</b> 8 servings per container <b>Serving size 2/3 cup (55g)</b>
<b>Amount Per Serving</b> <b>Calories</b> 230      Calories from Fat 72	<b>Amount per serving</b> <b>Calories 230</b>
<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 8g <b>12%</b>	<b>Total Fat</b> 8g <b>10%</b>
Saturated Fat 1g <b>5%</b>	Saturated Fat 1g <b>5%</b>
<i>Trans</i> Fat 0g	<i>Trans</i> Fat 0g
<b>Cholesterol</b> 0mg <b>0%</b>	<b>Cholesterol</b> 0mg <b>0%</b>
<b>Sodium</b> 160mg <b>7%</b>	<b>Sodium</b> 160mg <b>7%</b>
<b>Total Carbohydrate</b> 37g <b>12%</b>	<b>Total Carbohydrate</b> 37g <b>13%</b>
Dietary Fiber 4g <b>16%</b>	Dietary Fiber 4g <b>14%</b>
Sugars 12g	Total Sugars 12g
<b>Protein</b> 3g	Includes 10g Added Sugars <b>20%</b>
Vitamin A      10%	<b>Protein</b> 3g
Vitamin C      8%	Vitamin D 2mcg      10%
Calcium      20%	Calcium 260mg      20%
Iron      45%	Iron 8mg      45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000      2,500
Total Fat      Less than      65g      80g	
Sat Fat      Less than      20g      25g	
Cholesterol      Less than      300mg      300mg	
Sodium      Less than      2,400mg      2,400mg	
Total Carbohydrate      300g      375g	
Dietary Fiber      25g      30g	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source: FDA.gov, FOR REFERENCE ONLY

For more food label information, visit the U.S. Food and Drug Administration at [www.fda.gov/Food/ResourcesForYou/Consumers](http://www.fda.gov/Food/ResourcesForYou/Consumers)

## Limit Saturated Fat, *Trans* Fat, Sodium, and Added Sugars

Eating less of these may help reduce your risk for heart disease, high blood pressure and cancer:

- Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats
- Limit *trans* fats to as low as possible.
- Limit sodium to less than 2,300 mg daily (for adults and children 14 years and older).
- Limit added sugars to less than 10% of total calories daily

## Get Enough Vitamins, Minerals and Fiber

- Eat more dietary fiber, vitamin D, calcium, and potassium to maintain good health and help reduce your risk of certain health problems such as osteoporosis.
- Remember to aim high for % DV of these nutrients.

## Additional Nutrients

- Carbohydrates — There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits, vegetables, and low-fat milk and yogurt.
- Proteins — Aim for a variety, including seafood, poultry, lean meats, eggs, beans and peas, nuts, seeds, and soy products.

## Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

## What Health Claims on Food Labels Really Mean

FDA has strict guidelines on how certain food label terms can be used. FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce the risk for certain diseases. For example, health claims may highlight the link

between calcium and osteoporosis, dietary fiber and some cancers, saturated fat and heart disease or high blood pressure and sodium.

Some of the most common claims seen on food packages:

- **Low calorie** — Less than 40 calories per serving.
- **Low cholesterol** — 20 mg or less of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** — 25% less of the specified nutrient or calories than the usual product.
- **Good source of** — Provides at least 10% of the DV of a particular nutrient per serving.
- **Calorie free** — Less than 5 calories per serving.
- **Fat free / sugar free** — Less than ½ gram of fat or sugar per serving.
- **Low sodium** — 140 mg or less of sodium per serving.
- **High in (or Excellent source of)** — Provides 20% or more of the DV of a specified nutrient per serving.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

*Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.*

*Sources: US Food and Drug Administration, Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, 5th edition*



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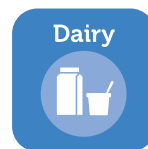
# Tips for Bringing Nutrition into Your Home



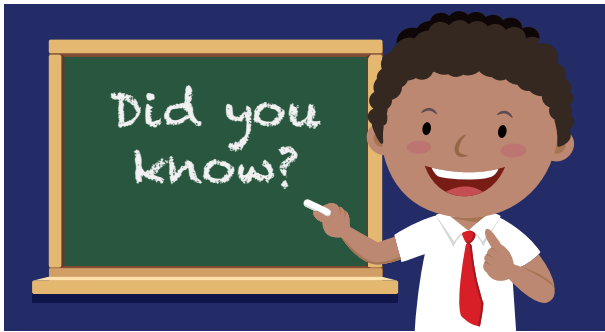
When making meals at home, choose foods from the five food groups (fruits, vegetables, grains, protein foods, and dairy) to build healthy meals that meet your calorie and nutrient needs.

Plan your weekly meals. Aim for variety to include the five food groups throughout the day.

- Use the MyPlate Plan Menu template to help plan and record the food groups you eat and drink throughout the week: <https://www.choosemyplate.gov/sites/default/files/myplate/MyPlatePlanMenuTemplate.pdf>



Remember, when it comes to healthy eating and nutrition, small changes add up.



Family meals are a great way to spend time together and try out new, healthy recipes. If it's not possible for your family to eat together at home regularly, make time to cook together on the weekend or share an afternoon snack.

Preparing a healthy meal at home can be easy and fun. Try these tips:

- If possible, prepare ingredients in advance of cooking. For example, chop vegetables and refrigerate them until you are ready to use them.
- Buy frozen (without butter, sauce, or added seasoning) and low-sodium or no-salt-added canned vegetables to ensure that you always have some basic ingredients on hand.
- Try baking, broiling, grilling, or steaming instead of frying.
- Cook with herbs, spices, lemon juice, or no-salt seasonings, which add flavor without adding sodium.
- Prepare extra servings of a favorite, healthy dish to eat throughout the week. Making leftovers part of your plan can save time.
- Start collecting simple, healthy recipes. Organize them online or in a file box or binder. Visit [www.MyPlate.gov/recipes](http://www.MyPlate.gov/recipes) for new recipes, cookbooks, and more healthy cooking resources.
- Keep food safety in mind and check out food safety “do’s and don’t’s” on food shopping, storing, and meal prep. Visit [https://www.fda.gov/food/buy-store-serve-safe-food/food-safety-your-kitchen?utm\\_source=Facebook&utm\\_medium=Social&utm\\_campaign=Q3Promotion](https://www.fda.gov/food/buy-store-serve-safe-food/food-safety-your-kitchen?utm_source=Facebook&utm_medium=Social&utm_campaign=Q3Promotion).

**FDA U.S. FOOD & DRUG ADMINISTRATION**

### Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

DO	DON'T
Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags	Choose meat, poultry, or seafood in damaged or leaking packaging
Place meat, poultry, seafood, and eggs in plastic bags at checkout	Buy eggs with cracked shells or damaged cartons
Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs	Remove eggs from carton or keep them in the refrigerator door
Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F	Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

**FDA U.S. FOOD & DRUG ADMINISTRATION**

### Food Safe Meal Prep

March 2018

Following these tips when cooking and chilling leftovers can help prevent foodborne illness

DO	DON'T
Wash hands with soap and water for at least 20 seconds before preparing food	Wash meat, poultry, seafood, or eggs
Rinse whole fruits and vegetables under running water and dry with a clean cloth, paper towel, or salad spinner	Use soap or detergent on foods
Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with any food that will be eaten raw	Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw
Clean cooking surfaces and utensils with hot, soapy water after every use	Reuse plates or cutting boards that have touched uncooked meat, poultry, seafood, eggs, or flour unless you wash them first with hot, soapy water