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Top Experts Weigh In On How To Solve Common Beauty, Health, And Fitness Hazards In The Summer

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(PCM) From spring allergies to flu outbreaks in the winter, every season brings its own set of health problems associated with it – summer is no different. Top experts share tips on how to sidestep some top seasonal ailments so you can savor your summer days.

Food Bourne Illnesses



It's the season for picnics and BBQs, but eating outdoors in extreme heat presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat increases the risks of food-borne illnesses exponentially. Here are some tips from **Franci Cohen, certified nutritionist in New York City**

<https://www.facebook.com/FranciCohenFitness> to ensure safe bacteria-free eating this summer!

- Wash hands when handling any food, but particularly when handling raw fish, meat and poultry.
- Do not use a plate that has had raw meat/fish on it, until it has been thoroughly washed with soap.
- When marinating raw meats, discard any unused marinade. Do not refrigerate for later use.
- Cook foods completely. Summer is not the not time to be experimenting with sushi or rare meats when eating outdoors. Meat should be cooked to 160 degrees Fahrenheit, and poultry should be cooked to 165.
- Always refrigerate leftovers as soon as possible-within 2 hours is best. In heat of 90 degrees or more, cooked food should be refrigerated within an hour of serving.