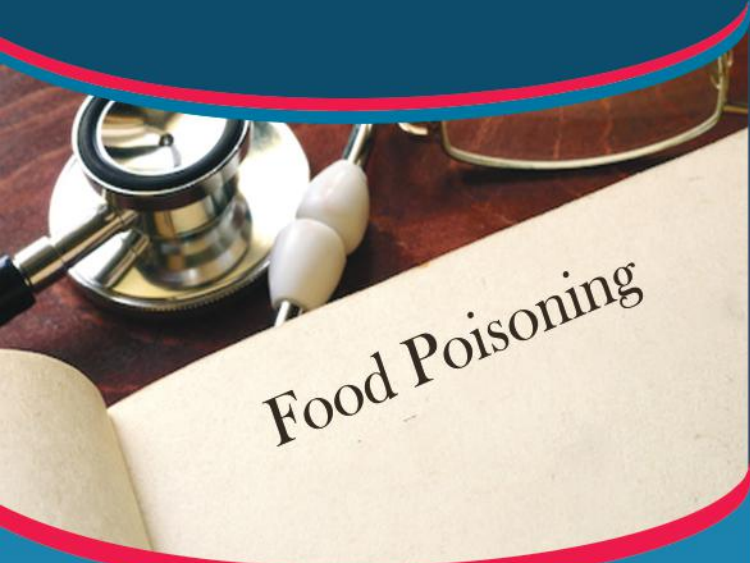




Food Poisoning



▶ Proper diet in food poisoning ◀

It is best to gradually avoid solid foods until the vomiting and diarrhea go away and instead return to the regular diet by eating simple foods that are simple, soft, and low in fat.

For example, in this period, use the following:

- ▶ Gelatin
- ▶ The banana
- ▶ Rice
- ▶ Oatmeal
- ▶ Chicken soup
- ▶ Tasteless potatoes
- ▶ Boiled vegetables
- ▶ Toast
- ▶ Decaffeinated beverages (ginger)
 - ▶ Diluted juices
 - ▶ Sports drinks

It would help if also avoid the following:

- ▶ Caffeine (soft drinks, energy drinks, coffee)
 - ▶ Alcohol
 - ▶ Nicotine
 - ▶ Toxic food:

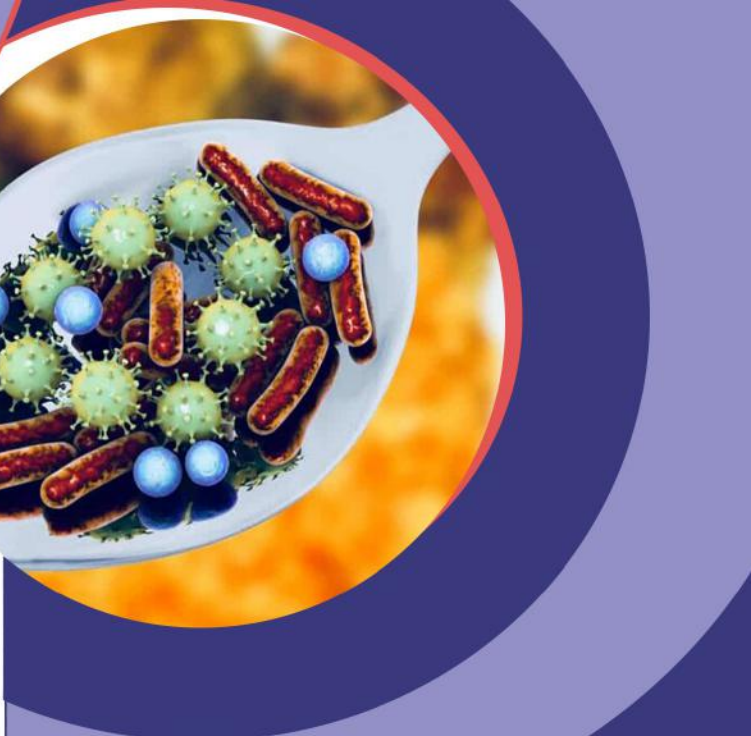
Foods that are likely to cause food poisoning include

- ▶ Sushi and other fish products served raw or uncooked.
- ▶ Edible meats and hot dogs are not heated or cooked.
 - ▶ Beef, which may contain the meat of several animals.
 - ▶ Milk, cheese, and unpasteurized water
 - ▶ Unwashed raw fruits and vegetables
 - ▶ Risk factors for food poisoning:
 - ▶ High-risk groups include:
 - ▶ Pregnant women
 - ▶ Elderly
 - ▶ Infants and young children
 - ▶ People with chronic diseases, having a chronic illness, such as diabetes, liver disease, ALDS, or receiving chemotherapy or radiation therapy for cancer, lowers the immune response.



▶ Do's and don'ts of food poisoning ◀

- ▶ Stay home and get enough rest.
 - ▶ Drink plenty of fluids.
- ▶ Give infants with powdered milk or solid foods a few sips of water between feedings.
 - ▶ Eat food when feeling empowered.
 - Use paracetamol if you are upset.
- ▶ Do not drink fruit juices or fizzy drinks (they can make diarrhea worse).
- ▶ Do not give aspirin to children under 16 years of age.
- ▶ **Prevent the spread of infection in food poisoning**
 - ▶ Wash the hands regularly with soap and water.
 - ▶ Wash the patient's clothes or bedding and the dishes used separately in a warm wash.
 - ▶ If possible, do not prepare food for other people.
 - ▶ Do not use towels, knives, forks, or utensils.
 - ▶ Do not use the pool for two weeks after the symptoms have stopped.



Foodborne illness, commonly referred to as food poisoning, results from eating contaminated, rotten, or toxic food. The most common symptoms of food poisoning include nausea, vomiting, and diarrhea.

- ▶ Diarrhea lasts more than three days.
- ▶ Fever above 101.5 degrees Fahrenheit.
 - ▶ Difficulty seeing or speaking
- ▶ Severe dehydration symptoms may include dry mouth, inadequate urination, and difficulty keeping fluids low.
 - ▶ Bloody urine

▶ **Symptoms of food poisoning** ◀

- ▶ Abdominal cramps
 - ▶ Diarrhea
 - ▶ Vomit
- ▶ Loss of appetite
 - ▶ Mild fever
 - ▶ Weakness
 - ▶ Nausea
 - ▶ Headache



▶ **Causes of food poisoning** ◀

- ▶ Bacterias
- ▶ Parasites
- ▶ Viruses

▶ **Complications of food poisoning** ◀

The most common serious complication of food poisoning is dehydration. Severe dehydration also leads to the depletion of essential salts and water-soluble minerals. If you are a healthy adult and drink enough water to replace the fluids losing through vomiting and diarrhea, dehydration should not be a problem.

▶ **Treatment of food poisoning** ◀

Food poisoning is usually treatable at home and usually resolves within three to five days. If you have food poisoning, it is crucial to be properly hydrated (get enough water). Electrolyte-rich sports drinks can help. Juice and coconut juice can recover carbohydrates and help with fatigue.