

Top Experts Weigh in on How to Solve #Beauty, #Health & #Fitness Dilemmas in the Summer for Everyone!

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Here are some tips from **Franci Cohen, certified nutritionist in New York City** 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.

Staying Cool While Exercising Outdoors

The outdoors and exercise seem to go together especially in the summer but heat and exercise can potentially be dangerous to your health.

“Exercising outdoors in the heat should be approached with caution and planning,” advises Franci Cohen, personal trainer, exercise physiologist and certified nutritionist in New York City www.francicohen.com

If you exercise outside in hot weather, use these common-sense precautions to prevent heat-related illnesses.