

# DIETARY

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Foodborne disease causes 76 million illnesses, 325,000 hospitalizations and approximately 5,000 deaths each year in the United States. Just imagine this globe of M&Ms (or 9.5 lbs of plain M&Ms) represents the number of people that die every year!



Foodborne illness is a preventable disease and one of the ways we can reduce these numbers is by understanding which foods bacteria prefer to grow on.

Some of these foods include:

- ❑ **An animal food that is raw or heat-treated**
- ❑ **A plant food that is heat-treated**
- ❑ **Raw seed sprouts**
- ❑ **Cut melons**
- ❑ **Cut tomatoes**
- ❑ **Garlic-in-oil mixture**

Keep in mind that in order for bacteria to grow on a food they need the following conditions:

- ❑ **Water (moisture) and**
- ❑ **Food (protein or carbohydrates/sugar) and**
- ❑ **Neutral environment (not too acidic such as lemons and not too alkaline such as baking soda)**

The bottom line is if the food does not have enough water and food and neutral environment bacteria will not grow on it and the food can be safe to eat 😊 without causing us to become ill.

Let's take a look at some foods to determine if bacteria would grow and multiply on them.



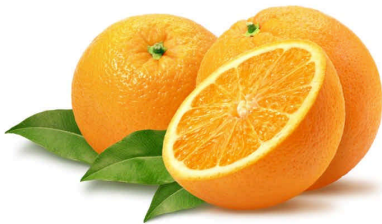
Is this salad a food bacterium would grow on and multiply?

**Yes. Some varieties of tomatoes, such as Roma and Beefsteak have a neutral environment that does not prevent the growth of bacterium. Roma tomatoes have been the cause of Salmonella outbreak in recent years.**



Are deviled eggs a food bacterium would grow on and multiply?

**Yes. Deviled eggs contain protein, moisture and the right environment to encourage bacterial growth. Fact - 1:20,000 eggs contain Salmonella.**



Is this orange a 'potentially hazardous food' (PHF) that bacterium would grow on?

**No. It is a citrus food, i.e. the environment is acidic which bacterium does not like.**



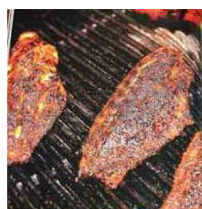
Is this sweet roll a food bacterium would grow on and multiply?

**No. It has a high sugar content and therefore, not enough moisture or water for the bacterium.**



Is cut cantaloupe a PHF?

**Yes. This fruit is sweet, has lots of water and has the right environment (not acidic, not alkaline) for bacterial growth.**



Is this blackened catfish a food bacterium would grow on and multiply?

**Yes. It is a high protein food with moisture and the right environment.**