

BEWARE: Certain Foods Could Be Hazardous to Your Health

My people, you will eat until you are satisfied. Then you will praise Me for the wonderful things I have done. Joel 2:26 CEV

Men's Health Magazine published a list of what it calls the top ten dirtiest foods, some of which are no surprise but others may cause some concern. Chicken, ground beef and ground turkey are on top of the list because of the germs that can be acquired while the meat is being processed or prepared.

The Center for Disease Control says that every one of us will have some kind of sickness from something we eat this year. More than 200,000 of us get some type of food-borne illness every day and these illnesses kill 5,000 people each year (in the USA).

You cannot always prevent the illnesses but you can get smarter about which foods have higher risks.

Raw oysters are number 4 on the list because of the salmonella and eggs are number 5, both need to be well cooked. Number 6 on the list is cantaloupe. You need to wash the outside of the melon because as your knife passes through the outside it takes the bacteria with it to the inside causing contamination. You should wash every type of melon with soapy water before you slice it: honeydew, watermelon, bananas, cherries, grapes, apples, etc.

Number 7 on the list is peaches. They contain pesticides and need to be washed before eating. Prepackaged lettuce is number 8 on the dirty foods list. The label may say "pre-washed" but wash it yourself to be certain it is clear of bacteria.

Cold cuts ranked number 9 on the list. Be choosy about deli products you eat and where you buy them, this warning includes cheese and hot dogs.

Number 10 on the list were scallions. They have a higher water content, are difficult to wash and are not cooked, thus providing a great place for bacteria to hide.

Do not stop eating these foods; just be aware that these items can cause you problems.

Careful cooking and cleaning can prevent you and your family needless medical problems.

Source: www.menshealth.com/mhlists/foodborne_illness/index.php

Resources:

www.mayoclinic.com, search food poisoning

www.cdc.gov, search food poisoning