

Surprising Foods that can give you Food Poisoning

- **Water**. It seems to be the latest trend, but unfiltered, untreated “raw” spring water is dangerous. Save your money because drinking “raw” water increases your risk for serious food-borne illnesses including cholera and typhoid. You could also swallow disease-causing parasites. Yuck!!
- **Melons and other fruits with thick skin**. You might assume that a fruit with thick, inedible skin like cantaloupe, mango, papaya and avocado would be perfectly safe. After all, you’re not eating the skin. But, bacteria from the outside gets to the inside via the knife when you cut it. So, thoroughly wash these fruits with water and brush before cutting into them. Good advice.
- **Raw flour**. You’re probably thinking, *Who eats raw flour?* Probably all of us! Anytime you nibble raw cookie dough or lick cake batter off your finger you are eating raw flour. 10 million pounds of flour was recalled when people got sick from flour contaminated with E. coli! Sorry, I will take my chances and still eat raw cookie dough.
- **Homemade soups and stews**. It’s not the ingredients in the pot per se that make you sick, it’s what you do with it after you prepare it. If you leave it sit on the stove or counter to cool down before refrigerating, the bacteria *Clostridium perfringens* germinates as it slowly cools. This bacterium is estimated to cause a million cases of food-borne illness each year in the US. The solution is to cool soups and stews as quickly as possible. There is this nifty gadget called an ice paddle that you fill with water, freeze, then just stir the pot and it quickly cools down the food. Cool.

