

The 6 foods you eat are more susceptible to food poisoning

Uncooked meat and raw eggs are two typical foods that make you at risk of hospitalization faster.

Bill Marler - a lawyer specializing in food poisoning lawsuits recently published an article in the Journal of Food Poison Journal warning of 6 extremely toxic foods that he thinks their impact on the body is similar What "plague".

CBS News also quoted Dr. Roshini Raj, a researcher at Langone Medical Center, *"These foods are a common culprit for food poisoning cases. We cannot avoid them completely. But be careful when eating them "*.

6 foods harmful to the body according to Marler's list include:

1. **Pasteurized milk (raw milk) and bottled fruit juice:** These foods may contain bacteria, parasitic organisms and viruses.
2. **Raw sprouts:** Includes alfalfa, green beans, clover and radish sprouts.They can be contaminated with E. coli or salmonella.
3. **Uncooked meat:** The CDC (US Centers for Disease Control and Prevention) says that assorted meats should be heated to 160 degrees F to E. coli, salmonella and other Another type of pathogen is destroyed.Poultry meat alone is 165 degrees F.
4. **Cut or washed fruits and vegetables :** This type of food is often sold at supermarkets, shops .
5. **Raw or unprocessed chicken eggs** can cause Salmonella infection.
6. **Oysters and other shellfish:** Bacteria can accumulate in their shells and when eaten you can accidentally put them in your body.

Older people, pregnant women, young children and people with chronic diseases weaken the immune system, so be especially careful when eating these foods.Because they can cause more serious complications than when the new bacteria enter the body.CDC estimates that about 1 in 6 Americans (equivalent to more than 48 million people) get sick from eating unsafe food every year, causing about 3,000 deaths.

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