

The most contaminated foods

You need to know the foods that are easily contaminated to know how to limit the harmful effects to your health

Onions, beef, chicken, eggs, . are all very popular foods and used a lot in daily food processing. However, you also need to know how to clean and process them properly to limit the harm from bacteria that may not be safe for your health.



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Here are some notes when using these most easily contaminated foods

first

Onion

Studies have shown that onions contain a lot of Cryptosporidium, an intestinal parasite that causes diarrhea, nausea, abdominal pain. common.

Therefore, you should not store onions in the refrigerator because a humid environment will create conditions for Cryptosporidium bacteria to grow. In addition, it is necessary to wash hands after coming into contact with the outer skin of onions.

2

Chicken

Chicken is a food that can contain a lot of Campylobacter bacteria, the leading bacteria that cause food-borne bacterial infections.

You should choose to buy chicken of clear origin and quality assurance. It is necessary to cook chicken and clean cutting boards during processing.

3

Beef

Beef often contains a lot of Clostridium perfringens, a bacteria that can cause necrosis and complications in wounds on the body.

You must clean and cook the beef before using it.

4

Egg

Eggshells often contain many Salmonella bacteria that cause poisoning, diarrhea and fever.

Wash the eggshells before storing them in the refrigerator. Eat well-cooked eggs, limit eating raw eggs or peaches.

5

Clam

Clams contain many Campylobacter and Norovirus, a group of viruses that cause digestive disorders and intestinal inflammation.

Cooking oysters thoroughly will help eliminate these harmful Viruses.

6

Melon

Cantaloupe contains a lot of Salmonella and Shigella bacteria that cause gastrointestinal problems.

You need to wash the whole melon and remove the skin before eating.

7

Peach

Peach peel is the "dwelling" of many pesticides.

Wash the peaches with a sponge to remove the hairs on the peach skin.

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