

Beware of Food Poisoning

A lot of these foods are common culprits for food poisoning:

- **Unpasteurized "raw" milk and packaged juices** - "Unpasteurized milk, sometimes called 'raw' milk, can be contaminated with bacteria, viruses and parasites," Marler wrote.
- **Raw sprouts** - Sprouts -- including alfalfa, mung bean, clover and radish sprouts -- can be contaminated with E. coli or salmonella.
- **Meat that isn't cooked well-done** - The CDC says ground meats should be cooked to an internal temperature of 160 degrees Fahrenheit to kill E. coli, salmonella and other pathogens. Poultry should be cooked to 165 degrees.
- **Prewashed or precut fruits and vegetables** - The more a food is handled, the more likely it is to become contaminated along the way.
- **Raw or undercooked eggs** - Raw eggs can spread salmonella.
- **Raw oysters and other raw shellfish** - As the climate warms, this is becoming a bigger problem; "Oysters are filter feeders, so they pick up everything that's in the water. If there's bacteria in the water it'll get into their system, and if you eat it you could have trouble," he wrote.