

A Minute of Health with CDC

November 24, 2006

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

[Matthew Reynolds] Last summer, hundreds became sick and a few died after eating spinach contaminated by *E. coli* bacteria. Each year contaminated food makes nearly 76 million people sick.

A group of researchers at CDC studies foodborne disease outbreaks and recently published a report. They found that bacteria causes most outbreaks of foodborne disease. Salmonella, which is a bacteria often found on eggs and poultry, is the most common culprit.

Most people report becoming ill after eating at a restaurant. Finding the source of disease is difficult. The most common problems reported include eating contaminated raw ingredients, not refrigerating perishable foods, and not cooking meats thoroughly.

You can protect yourself against foodborne disease. Wash your hands before preparing a meal, always cook meats completely, avoid eating raw or undercooked eggs, and refrigerate leftovers.

Be sure to join us next week on A Minute of Health with CDC.

[Announcer] To access the most accurate and relevant health information that affects you, your family, and your community, please visit www.cdc.gov.