



## **WELLPOINT CANADA NUTRACEUTICALS**

### **WOULD YOU LIKE A SERVING OF CONTAMINATED FOOD?**

How did this serving of E-Coli or salmonella reach your family?

The supply chain from field to the supermarket is a long one, with many potential points along the way for contamination to occur. Where did the lettuce pick up E-Coli 0145, a pathogen found primarily in cattle and wildlife feces?

High concentration of cattle and manure produces a fecal, muddy mix in which E. coli bacteria can thrive. That mud-turned dust could be picked up by birds or other animals stopping through the area.

The role of wildlife as a source of foodborne microbial contamination along the farm-to-fork continuum is a long-standing concern among public health and food safety agencies.

Wild birds are considered potential vehicles for carrying pathogens from farm to farm. It is easy to imagine the possibility of birds playing a role in contamination in a lettuce field.

### **THERE ARE A NUMBER OF WAYS GREENS COULD BECOME CONTAMINATED**

Consumers have grown to love convenience salads and fruits, from tubs of pre-washed baby spinach, bags of chopped romaine lettuce, packaged raw vegetables and containers of prepared fruit salad.

Vegetable row crops- lettuces plus broccoli, asparagus, celery and some other vegetables account for 42% of E. coli infections.

There's one problem with these modern-day conveniences: they're regularly implicated in food-borne illness outbreaks.

Food safety experts say convenience greens and fruits- those handy containers of pre-chopped and pre-washed salads, vegetables and fruits- carry an extra risk because they come in contact with more people, contaminated water and machinery before they arrive on your plate. There is a high-risk of cross- contamination.

Many E-coli and salmonella cases are a direct result of people growing ill after eating at restaurants that used bagged, pre-chopped, pre-washed lettuce. The fruit salads contain pre-prepared and pre-washed melons, and watermelon. These convenience foods produced a toxin that disrupted liver function.

These pre-packaged greens, vegetables and fruits have risks. There's no "kill step" that destroys pathogens for foods eaten raw. Produce is not grown in sterile environments.

#### SYMPTOMS START 12 – 72 HOURS AFTER EATING CONTAMINATED FOODS

Diarrhea, fever and abdominal cramps are they symptoms of E.coli and Salmonella infection. Signs of illness typically occur within 12 to 72 hours and last for four to seven days. However, you should continue to watch for symptoms for up to 10 days, as there can sometimes be a significant lag between consumption and illness.

It can be hard to determine whether its food poisoning or a stomach virus. Most E. coli bacteria are not harmful, but some, produce toxins that can cause severe illness.

If you are experiencing bloody diarrhea, severe vomiting, or if the diarrhea lasts longer than 3 days, contact your doctor.

If you suspect you've contracted some form of food poisoning, drink plenty of water, or chicken broth to replenish your electrolytes. Staying hydrated is one of the most important ways to avoid complications from food poisoning.