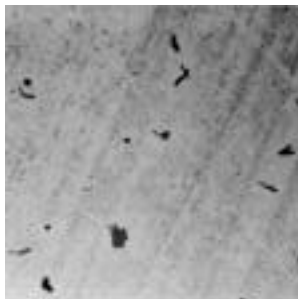


# ten least wanted

## *foodborne pathogens*

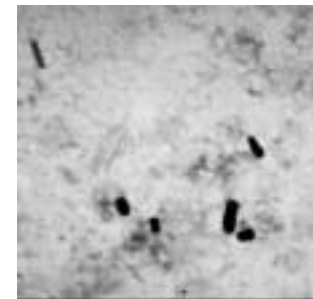
The U.S. Public Health Service has identified the following microorganisms as being the biggest culprits of foodborne illness, either because of the severity of the sickness or the number of cases of illness they cause. Beware of these pathogens: *Fight BAC!*



### **Campylobacter jejuni**

Major bacterial cause of diarrhea; Sources: raw and undercooked meat and poultry, raw milk and untreated water

### **LEARN WHERE THEY ARE AND HOW TO AVOID THEM!**



### **Clostridium perfringens**

This organism produces a sudden onset of colic followed by diarrhea and nausea; caused by improper temperature of prepared foods Sources: improperly prepared roast beef, turkey, pork, chicken and ground beef



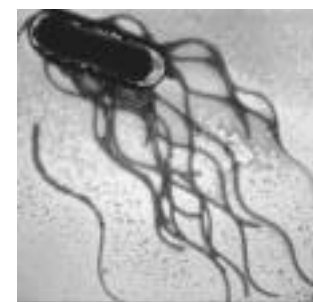
### **E. coli O157:H7**

A bacterium that can produce a deadly toxin; Sources: meat, especially undercooked or raw hamburger, raw milk and produce



### **Listeria monocytogenes**

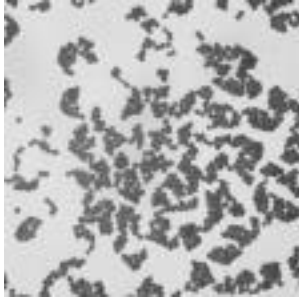
Causes listeriosis, a serious disease for pregnant women, newborns and adults with a weakened immune system; Sources: soil and water. It has been found in improperly processed dairy products including soft cheeses as well as in raw and undercooked meat, in poultry and seafood, and in produce



### **Salmonella**

Responsible for millions of cases of foodborne illness a year; Sources: raw and undercooked eggs, undercooked poultry and meat, dairy products, seafood, fruits and vegetables

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**Staphylococcus aureus**

Causes staph infection;  
Sources:cooked foods high in protein (e.g.cooked ham, salads,bakery products,dairy products)



**Shigella**

Causes an estimated 300,000 cases of dysentery;Sources: salads,milk and dairy products,and produce



**Toxoplasma gondii**

A parasite that causes toxoplasmosis,a very severe disease that can produce central nervous system disorders;Sources:meat, primarily pork



**Vibrio vulnificus**

Causes gastroenteritis or a syndrome known as primary septicemia;Sources:raw or undercooked seafood



**Yersinia enterocolitica**

Causes yersiniosis,a disease characterized by diarrhea and/or vomiting;Sources: pork,dairy products,and produce

For more information on these and other foodborne pathogens, check out the “Bad Bug Book” on the World Wide Web at:  
<http://vm.cfsan.fda.gov/~mow/intro.htm>.