

## 《食物中毒专家揭秘：六种食物可能含大量细菌》

导读:食物中毒专家揭露可能含有大肠杆菌、沙门氏菌的六种食物，包括：生蚝、切好的蔬菜水果、生豆芽、半生的肉、生鸡蛋以及未经高温消毒的牛奶和果汁。



One of the world's leading food poisoning experts has revealed the six items he refuses to eat.

????????????????????

Washington-based attorney, Bill Marler, who has spent 20 years championing the cause of people sickened by E. coli, Salmonella and other foodborne illness, says over time he's noted some of the main culprits.

????????????????????

His ultimate no-nos when it comes to eating are raw oysters, precut fruits and vegetables, raw sprouts, rare meat, uncooked eggs and unpasteurized milk and juices.

????????????????????

Marler says that he has handled more cases linked to shellfish in the past five years than in the two preceding decades.

????????????????????????????

Therefore, raw oysters are something he prefers not to dabble with.

????????????????

He suggests that warming waters are to blame for the spread of harmful microbes which then end up in the food we eat.

????????????????????????????



Pre-cut fruit and vegetables is another thing he 'avoids like the plague' when he goes grocery shopping.

????????????????"?????"????

He says the more food is handled and processed, the greater the risk of contamination.

????????????????????????????



They might seem an unlikely source of food poisoning, but bean sprout outbreaks are surprisingly common.

????????????????????????????????

Apparently there have with more than 30 bacterial outbreaks of salmonella and E. coli over the last 20 years, caused by the sprouting greens.

????????????????????????????30??

Experts say that contamination occurs during the germination process as the seeds are placed into warm water, which acts as the ideal breeding ground for bacteria.

????????????????????????????????

Commenting on the trend, Marler says: 'There have been too many outbreaks to not pay attention to the risk of sprout contamination.'

????????????“????????????????????”





When dining out, the lawyer will always order a well done steak.

????????????????

According to the expert, meat needs to be cooked to 160 degrees Celsius throughout to kill bacteria that could cause E. coli or salmonella, therefore rare cuts are off the menu.

????????????160????????????????????????????????

While the odds of getting food poisoning from uncooked eggs is a lot lower than it was two decades ago, Marler still refrains from eating raw eggs.

????????????????????????????????????????

This means a range of delicacies are off limits for the food safety aficionado including mayonnaise, mousse, ice cream and some alcoholic cocktails.

????????????????????????????????????

There has been an increasing trend for raw or unpasteurized beverages over recent years, with advocates claiming that pasteurization depletes nutritional value.

????????????????????????????????

????????????????????????????????????????????????????????????

"????????????????????????????????????????"

????????????????????????????????????????????????????????

??????“????????????????????????????????????????????????????????????”

????????????“????????????????”

“????????????????????????????????????????????????????????????”

"????????????????????????????????????????"