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We worry a lot about the things we eat. Broken leaves in bags of prepared salad can increase the risk of food poisoning, according to scientists at the University of Leicester. Researchers found the juice from the damaged leaves can more than double the growth of salmonella. Let's speak to Jenny Morris, a food specialist who is in our Southampton studio this morning. What is actually going on within these bags that is causing this Selman Eller bacteria to develop? Well, clearly they have some nice nutrients developed in there, and if they are kept at the wrong temperature than they will grow. So really what we have got to do is look at how we look after our salad leaves and bags -- salmonella. Is there any evidence this is causing

people to become sick? I think the good news is that we're not seeing massive outbreaks across the country. So there no evidence, what the research is actually showing you is that it is possible, if you don't look your food Copley. The kind of doses they are identifying would not necessarily be enough to make anyone terribly ill, would they? It all depends. The first thing is, is there any salmonella that? If there is, of course, and you don't treat the food properly, then it can grow. The good news, I suppose, with salmonella is usually you have to have thousands of them to make you ill, unlike some of the nasty pathogens. Does it help to watch them before eating? I'm not sure if it does. It is a very complicated situation but it might freshen them up. If you are going to wash them, be very careful you don't inadvertently contaminate them with something else. That is the same warnings we have heard from chicken and so on, that washing chicken can cause these bacteria to spread even

further. It is true. It is not quite the same situation. Chicken is an absolute no-no. If you wish to wash the leaves I don't think you have too many problems, but do it carefully. Is it salad specifically, or is it any kind of vegetable with a plastic bag? Well, this piece of research is around salads, at actually, if you have got a bag which has got the right conditions for growth, if you have a bug carried on vegetables, then it can happen. And actually, I think, is a generality we tend to think that all vegetables are safe, they are not met. It is a bit of a false premise because you obviously do get outbreaks. -- not meat. The most recent outbreaks have tended to be associated with vegetables. One was associated with beansprouts, wasn't it? Yes, and a lot of people died from that, a different bug but chose not to take vegetables were granted. Even if you are cooking? If you are

cooking, that is entirely different because cooking is a wonderful thing. If you do it properly you kill all the bugs but you must do it properly. So this is very specifically about eating food straight from the fridge. The other thing without being told as you should not leave these bags in the fridge for days on end, you need eat food pretty quickly in this state. This is an important point. Use by dates matter, some people think it is irrelevant, and they are vegetables are even more irrelevant, it is not. The other thing we don't do very well is we don't check what the temperature of our fridge is a devout fridge isn't operating at the right temperature, if there are any bugs around, it will be great for them they will grow fast. I think you will have a few of us peering in our fridge is today. -- fridges. We will have to boil the letters! It is a bit confusing, isn't it? --lettuce.