

Top 5 Deadly Organisms Affecting Food Quality And How To Prevent Them?

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Every day around 90% of people eat food blindly without knowing that the food they eat can kill them. In fact you might be eating something now as well reading this at your desk. The food we make, we sell, we eat contains number of microorganisms which if present in high quantity can kill you and cause a number of food diseases and illness.

Here are the Top 5 Deadly Organisms that Can Kill YOU!

1. E Coli (Escherichia coli):

Escherichia Coli commonly abbreviated as E Coli is a Gram-negative, facultative anaerobic, rod-shaped bacterium of the genus Escherichia that is commonly found in the lower intestine of warm-blooded organisms. Most E. coli strains are harmless, but some serotypes can cause serious food poisoning in their hosts and cause food contamination

Sources:

- Contaminated food, undercooked food, unpasteurized (raw) milk and juice, soft cheeses made from raw milk, and raw fruits and vegetables (such as sprouts)
- Contaminated water, including drinking untreated water and swimming in contaminated water
- Animals and their environment: particularly cows, sheep, and goats. If you don't wash your hands carefully after touching an animal or its environment, you could get an E. coli infection
- Feces of human beings
- Poor food handling & safety measures

Prevention:

- Avoid eating high risk food, undercooked food
- Avoid using or eating raw food, unpasteurized food, milk, cheese etc
- Wash hands before making or eating food
- Get the food tested at regular intervals

2. Coliform (Coli)

Coliform bacteria are a commonly used bacterial indicator of sanitary quality of foods and water. They are defined as rod-shaped Gram-negative non-spore forming bacteria. E-Coli is a form of Coliform. Coliform bacteria are organisms that are present in the environment and in the feces of all warm-blooded animals and humans. Presence of Coliform in food contaminates the food and makes it hazardous for human consumption

Sources:

- Undercooked Food
- Untreated water, contaminated water
- Human feces
- Poor safety measures of Food handlers

Prevention:

- Avoid eating contaminated uncovered food, undercooked food
- Avoid using or eating raw food, unpasteurized food, milk, cheese etc
- Wash hands before making or eating food
- Get the food tested at regular intervals

3. Salmonella:

Is a genus of rod-shaped, Gram-negative bacteria. The genus belongs to the same family as Escherichia, which includes the species E.coli. Salmonellae are found worldwide in both cold-blooded and warm-blooded animals, and in the environment. They cause illnesses such as typhoid fever, paratyphoid fever, and food poisoning. But, Salmonella can cause more serious illness in older adults, infants, and persons with chronic diseases. Salmonella is killed by cooking and pasteurization

Sources:

- Contaminated eggs, poultry, meat, contaminated unpasteurized milk, or juice, cheese,
- Contaminated raw fruits and vegetables

Prevention:

- Do not use already used utensils for cooking food again & clean the vessels thoroughly before cooking
- Cook foods to a safe internal temperature
- Wash your hand after contact with animals, their food or treats, or their living environment

4. Shigella:

Shigella is a genus of Gram-negative, facultative anaerobic, non spore forming, non-motile, rod-shaped bacteria closely related to Salmonella. The bacteria can spread from an infected person to contaminate water or food.

Getting just a little bit of the Shigella bacteria into your mouth is enough to cause symptoms. Shigella causes diarrhea in humans. It is most commonly seen in school canteens, food centers etc.

Sources:

- Contaminated Food & water
- Contact with an infected person
- Poor food handling
- It is likely seen in food such as sandwiches etc which require a lot of hand contact while preparing them
- Raw food materials

Prevention:

- Wash hands thoroughly with soap before making or preparing food
- Use only treated water
- Super wise the food handlers that they was hands after human feces

5. Staphylococcus Aureus:

Staphylococcus aureus (or Staph aureus) is a type of bacteria commonly found on the skin and hair as well as in the noses and throats of people and animals. Staphylococcus can cause food poisoning when a food handler contaminates food and then the food is not properly refrigerated

Prevention:

- Wash hands and under fingernails
- Do not make food if you have nose infection
- Keep the kitchen area & food preparation area clean & sanitized
- Store cooked food in a wide, shallow container and refrigerate as soon as possible

Sources:

- Foods that are made with hand contact and required additional cooking,
- Salads, Sandwiches, egg, potato
- Bakery products & cream products
- Milk & dairy products

To prevent yourself from these organisms, do get your food products tested for these parameters before selling them!

Are you looking for Food Quality Analysis for your Food Business?

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