

**Mayo Clinic News Network**

**Title:** Mayo Clinic Minute: Fruit and veggie food safety    **Date:** Nov 8, 2017

Intro: Too lazy to [wash your fruits and veggies](#)? Here are a few statistics that may inspire you. The [Centers for Disease Control and Prevention](#) says about 48 million people are stricken with [foodborne](#) illness each year. One hundred twenty-eight thousand are hospitalized. Approximately 3,000 people die.

"I have been seeing a lot of stomach viruses, gastroenteritis, a lot of diarrheal kinds of illnesses," says [Dr. Vandana Bhide](#), (Vahn-duh-nah Bee-day) a Mayo Clinic hospital internal medicine specialist. "There are always outbreaks of different kinds of stomach bacteria from foodborne illnesses."

Public safety campaigns often remind consumers of the need to thoroughly cook ground beef or that raw poultry poses an increased risk for [salmonella](#) poisoning. But Dr. Bhide says even wholesome fresh fruits and vegetables need special handling. "Things that we don't even think about, things like lettuce, actually, can have a lot of soil and dirt – a lot of bacteria," she cautions.

Here's Dennis Douda for the Mayo Clinic News Network.

**Video**

**Audio**

<b>Video</b>	<b>Audio</b>
<b>Total running time [0:58]</b>	<b>/// VIDEO</b>
<b>TITLE: Vandana Bhide, M.D. Hospital Internal Medicine Mayo Clinic</b>	<b>"I always say anything that can be washed should be washed. And you want to really wash it thoroughly. If there's something that can be scrubbed, that has a hard rind, you want to do that."</b>
<b>Dennis Douda speaking</b>	Including cantaloupe, watermelon, mangos and papaya – zucchini and squash too. Because, even if the edible part seems clean inside, a knife blade can carry in bacteria from the outside. It's also important not to cross-contaminate foods.
<b>Dr. Vandana Bhide speaking</b>	<b>"So you don't want to have your meat at the same place where your fruits and vegetables are. And that goes with any kind of uncooked meat, whether it's poultry – whether it's beef, pork or fish."</b>
<b>Dennis Douda speaking</b>	Even when buying ready-to-eat produce, Dr. Vandana Bhide says it's wise to choose a reputable vendor that adheres to practices approved by the U.S. Department of Agriculture.
<b>Dr. Vandana Bhide speaking</b>	<b>"So the hope is that, wherever those vegetables and fruit are being cut that they're doing it in a very clean manner."</b>
<b>Dennis Douda speaking</b>	For the Mayo Clinic News Network, I'm Dennis Douda.

Anchor tag: Children, older adults, pregnant women and those with compromised immune systems are more susceptible to foodborne illnesses and may also have the most severe reactions.