

Mayo Clinic Minute

Washing Foods

VIDEO	AUDIO
	There are fruits and vegetables at the grocery store that aren't packaged at all.
	<i>Sound of water running</i>
	And you would want to bring them home and wash them before you're eating them.
Graphic: RINSING TIPS No soap No produce wash Cold water Kitchen brush	Mayo Clinic dietitian Angie Murad says there's no need for soap or a special produce wash. Just use cold water; and, on tougher fruits and vegetables, a small kitchen brush.
NAMA2563 - :28 Title: ANGIE MURAD Dietitian Mayo Clinic	Things like the avocado has a peel already on it, but you should wash the outside. Melons would be another good example.
	You want to make sure that you wash them well before you cut into them. Because, if they are not washed, you'll be introducing the bacteria that's on the outside of them into the fruit or vegetable.
	If your produce is packaged, carefully read the label to see if it needs a rinse.
	For example, this product is already packaged. It does not say that it's been prewashed or washed.
	So, Murad will scrub these cukes under cold water.
	<i>Sound of spinach bag being open</i>
	But, she won't do anything to the spinach ...
	<i>Sound of spinach falling into salad bowl</i>
	which is clearly labeled as having been triple washed.

	If it's already been washed, it's safe to eat.
	Add the veggies you've already rinsed ...
	<i>Sound of pepper being cut</i>
	and you've got a salad that will be safe and delicious.
	<i>Sound of pepper being tossed in salad bowl</i>
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.