

## Mayo Clinic Minute: Why you need to wash your fresh produce

VIDEO	AUDIO
Angie Murad	"There are fruits and vegetables at the grocery store that aren't packaged at all."
	<i>Sound of water running</i>
Angie Murad	"And you would want to bring them home and wash them before you're eating them."
Jason	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.
GRAPHIC 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."
Angie Murad	"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."
Jason	If your produce is packaged, carefully read the label to see if it needs a rinse.
Angie Murad	"For example, this product is already packaged. It does not say that it's been prewashed or washed."
Jason	So, Murad will scrub these cukes under cold water.
	<i>Sound of spinach bag being open</i>
Jason	But she won't do anything to the spinach ...
	<i>Sound of spinach falling into salad bowl</i>
Jason	which is clearly labeled as having been triple washed.

Angie Murad	"If it's already been washed, it's safe to eat."
Jason	Add the veggies you've already rinsed ...
	<i>Sound of pepper being cut</i>
Jason	and you've got a salad that will be safe and delicious.
	<i>Sound of pepper being tossed in salad bowl</i>
Jason	For the Mayo Clinic News Network, I'm Jason Howland