

## Mayo Clinic Minute: Food recalls and sickness

Video	Audio
	Eating certain foods, like undercooked meat and poultry, can make you sick. They might be contaminated with bacteria like salmonella or E. coli.
	That's why cooking food to a proper temperature and avoiding cross-contamination is so important.
	But what about dairy products like cheese and ice cream? Products made with raw milk can sometimes carry harmful germs including listeria.
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	"Listeria is a type of bacteria that is usually transmitted through food and food products. It is especially a concern if you're pregnant, if you're elderly or if you have a weakened immune system for some reason."
	Dr. Nipunie Rajapakse says it's not just soft serve that's causing listeria illness.
Dr. Rajapakse.	"If you look at all the outbreaks that have been reported in the last few years, there's really a wide variety of different foods, including some foods that we would think of as being quite healthy."
	Outbreaks are reported to the CDC. You can view the latest on their website.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.