

Mayo Clinic Minute: Does one moldy berry spoil the whole bunch?

Video	Audio
	"Molds are very common in our environment. And they tend to thrive in areas where there's a lot of moisture and organic material."
	Berries especially can develop a white coating on them that kind of looks like cotton or fuzz. A few moldy berries don't mean you have to throw out the whole batch.
	Dr. Rajapakse says to throw out the ones that look visibly moldy as well as any that might have been in direct contact.
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	"If more than about a quarter of the berries are moldy, you're probably best off getting rid of all of those berries. But, if the rest are looking healthy, they're not bruised, they're not soft and there's no visible mold on them, they're probably OK to eat after you've washed them well."
	If you don't notice the mold until you've already started eating, Dr. Rajapakse says there's no need to panic.
	"It's unlikely to make you sick if you consume a small amount of mold. If you eat a large amount, there is the chance that you could get some digestive-type symptoms: stomachache, nausea, vomiting, but that's pretty uncommon. You'd have to eat quite a bit of the mold to feel ill."
	To keep your berries fresher and mold-free longer, rinse them with vinegar and water, and store them on a dry paper towel in an open container in your fridge.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.