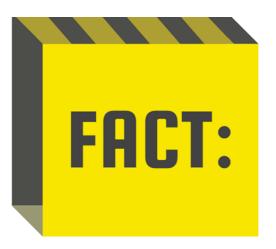


MYTH:

"I eat a vegetarian diet, so I don't have to worry about food poisoning."







Fruits and vegetables are an important part of a healthy diet, but like other foods they may carry a risk of foodborne illness.

- ✓ Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten.
- ✓ Never use detergent or bleach to wash fresh fruits or vegetables as these products are not intended for consumption.
- ✓ Packaged fruits and vegetables labeled "ready-to-eat" or "washed" do not need to be re-washed.

