

# MYTH:

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

# FACT:

*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.*