

Food safety bulletin



Running Head: Food Safety Bulletin Insert His/her FOOD SAFETY BULLETIN As it is said Health is Wealth. The saying is true because without health nothing is possible. So proper attention should be given to health or you will be facing a lot of problems like Food-borne illness which is a major issue and needs closer attention. The Americans are mostly affected by this disease and millions of people have died due to the contaminated food. Food which is an essential for humans if it is not in pure form or is harmful then how will our society prosper? If basic needs of life are harmful to the people they will tend to lose trust in everything. Their children will get ill and in return they not only have to spend extra cost on medical but the mental pressure they have to go through is much worse. So it is necessary to educate the people regarding the health issues, food etc but most of our society is ill-literate. It is mostly believed that the food is not harmful but things like raw meat, poultry, fish , eggs contains bacteria which are harmful so in such a case media is of great importance. Television, radio can be used to target market. In places where people have no such knowledge electronic media will be able to give them knowledge about the safety precautions which should be adopted. It is not necessary that only the raw food contains bacteria it can be contaminated at the time of purchase too. So mishandling is one of the greatest errors which are responsible for food-borne illness. Food safety centers should be established which should guide the public regarding the raw meat. At what temperature it should be kept in the freezer and for how long it will survive? Meat should not be left opened because bacteria tend to multiply very soon it should be rinsed as soon as possible and should be kept at the required temperature. There are a number of food-borne diseases more than 250 caused by various viruses, bacteria, parasites etc. its

symptoms include vomiting, nausea, diarrhea, etc. following are ways to help protect the people from such diseases: cook raw meat on high flame which will help to kill bacteria. Keep all the utensils separate from each other like the cutting board, maintain cleanliness and increase the usage of large and spacious jars with tight lids which will greatly help in minimizing the chances of bacteria entering the food if there is any problem with the food firstly it should be reported to the health department so that they may take corrective measures and all the people will be saved from such a disease. the readers must consult a registered dietitian who holds a degree in that respect and is registered by the health department or a particular site must be established which should explain its objective regarding the services it is providing. the dietitian should also give information about the food which is full of nutrients. He should also tell about the different diet plans which are to be followed accordingly for example a diet plan for a heart patient will be quite different from that of a diabetic patient. Cholesterol is a major issue which is responsible for a lot of diseases, so information should also be given regarding healthy food free from fat. The readers should check that their queries are being solved promptly and that the site is providing guidelines regarding the food and health issues. The sponsor of the site should also be checked like websites that end in edu (an educational institute) or gov. (government agency) are highly credible source of nutrition information. Also check that the site is affiliated with well-known health organization such as American Dietetic Association (ADA) etc. sometimes the food which look delicious from appearance may not be good for health. Health is a very important issue which has no space for compromises or your health will be endangered. The readers should not only depend upon the suggestions given

on the site but also must consult their doctor. So it is necessary that the readers should incorporate all these guidelines for maintaining a good health. “ Reference” MSUcares. com. (2011, March 24). MSUcares. com Food Safety. Retrieved July 2, 2011 , from http://msucares.com/health/food_safety/