

Any mishandled food can sicken

Q. What foods pose the biggest threat of food poisoning?

A. Any food that is improperly handled is a potential source of food-borne illness.

Some foods — such as tuna, potato or macaroni salad, egg products and meat and dairy items — have always been associated with food poisoning or illness.

But because bacterial microorganisms can be transferred from one food to another in a variety of ways, this "cross-contamination" effect means that any food can become a source of food poisoning.

The FDA estimates that 21 to 81 million cases of diarrhea are caused by food-borne microorganisms yearly. Among the microorganisms that bother us, bacteria are the main culprits.

BACTERIA are everywhere. The human body contains 150 types of bacteria that number in the 100,000 billion. They outnumber body cells by 10 to one.

Only a small number of bacteria are harmful. Unfortunately, all harmful ones are tasteless, odorless and colorless. That makes relying on our senses for protection difficult at best.

To protect your food and, ultimately, yourself from bacteria contamination, here are some suggestions to follow:

SHOPPING: Don't buy foods in dented, rusty, bulging or leaking cans, or in cracked jars or jars with loose or bulging lids.

Get refrigerated and frozen food items home from the store and into the refrigerator as quickly as possible.

EQUIPMENT: Cross-contamination occurs most often when equipment is used without thorough washing between uses. All equipment and surfaces must start out clean and stay clean throughout meal preparation. This includes the food preparer — you.



Terry Gibb

Wash hands thoroughly before starting to handle any food. Repeat washings between handling of different foods, using the bathroom, or smoking.

Remove jewelry — particularly rings and bracelets — before starting to cook. These items can provide a good place for bacteria to accumulate.

Use clean utensils from the start, and wash with soapy water after each use. This includes cutting boards, knives, counter surfaces, even the automatic can opener blade.

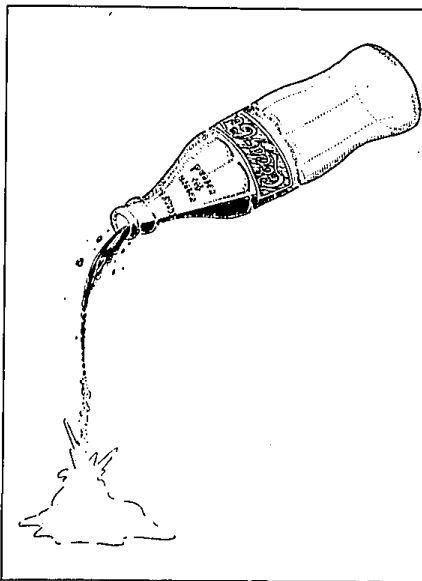
Keep the refrigerator clean and occasionally check the temperatures of refrigerator and freezer. Make sure that neither the refrigerator nor freezer is packed so full that the air cannot circulate. Poor circulation causes the temperature to rise.

STORAGE:

The basic rule is keep cold foods cold and hot foods hot. The danger temperature range — the range in which bacteria and other microorganisms grow best — is 40 to 140 degrees F.

Store hot leftovers in small, shallow containers. This will speed up the cooling process and reduce the chances of bacteria growth.

The Consumer Mailbag answers your questions. Address mail to the Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, 48226.



Coca-Cola buys more sugar than any other company in the world.

Jogging saves on heartbeats

DID YOU know that...
● Coca-Cola buys more sugar than any other company in the world.

● The average individual who initiates a regular jogging program will slow his/her resting pulse rate by 23 percent — that is, from 72 to 55 beats per minute. This transforms to a "savings" of approximately 20,000 beats per day, in spite of the "extra" heartbeats used during exercise.

● There has been a 20 percent decline in the death rate from heart disease over the last decade.

● Using crutches for a lower limb injury may dangerously raise the heart rate of the average unfit patient.

● Exercisers recover more rapidly if they end their workouts by cooling down rather than stopping abruptly. Researchers have shown that mild physical activity immediately after vigorous exercise helps to remove the waste product of exercise metabolism — a body chemical called lactic acid. This appears to be beneficial because high levels of lactic acid cause muscular fatigue.

● A cup of popcorn contains fewer than 30 calories if it is prepared via the air-pop method.

● Metamucil, a popular over-the-counter bowel regulator, may effectively lower blood cholesterol. A recent preliminary study found a 15 percent reduction in cholesterol after eight weeks of Metamucil therapy. The manufacturer, Proctor and Gamble, plans to fund more extensive research.



fitness
Barry Franklin

Using crutches for a lower limb injury may dangerously raise the heart rate of the average unfit patient.

Barry A. Franklin, Ph.D., is director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital, and associate professor of physiology, Wayne State University School of Medicine.

GET OUT OF THE DARK

Consumers Information Center
Dept. 10, Pueblo, Colorado 81009

Pet Owners!
NOW OPEN
24 HOURS
7 Days a week
PVH PROFESSIONAL VETERINARY HOSPITALS Southfield
15565 W. 10 Mile (West of Greenfield)
569-5210

SUMMER ARTS PROGRAM
MIDWESTERN MEMORIES
The Best Reminiscence & Top Selling Series
Low End of Season Prices Direct from Vendor of Fun
PLUS CHRISTMAS IN JULY SALE
Practically Everything 50% Off This Week
3947 W. 12 Mile • Berkeley • 543-3115
Mon.-Sat. 10-5, Th. & Fr. 'til 7

WOODEN PLAYGROUND EQUIPMENT
EXTRA VALUE SALE
SAVE UP TO \$280
On Selected Models
Low End of Season Prices Direct from Vendor of Fun
PLUS CHRISTMAS IN JULY SALE
Practically Everything 50% Off This Week
The Best Reminiscence & Top Selling Series
3947 W. 12 Mile • Berkeley • 543-3115
Mon.-Sat. 10-5, Th. & Fr. 'til 7

FOLEY'S UNIFORMS
July Super Savings Sale
Latest Fashions in Cool Summer Uniforms
Dresses - 15% Off Regular Price
Skirts & Blouses - 15% Off Regular Price
Pant suits - 15% Off Regular Price
15% Off All shoes including...
Nurse Mate, Nike, S.A.S., Trend Mate and Clinic
Shop Early for Best Selection
Free Sample of Stain Remover with Purchase
PRIOR DISCOUNTS DO NOT APPLY
NO SPECIAL ORDERS
WARREN — 26289 Hoover Rd. • 757-6540
LITCA — 8771 Holt Rd. • 254-2332
ROYAL OAK — 3229 N. Woodward Ave. • 288-3275
DEARBORN — 22099 Michigan Ave. • 563-4980
LIVONIA — 18764 Middlebelt Rd. • 477-4320
SOUTHFIELD — 4824 Bunko Rd. • 252-0305
WESTLAND — 4823 Wayne Rd. • 721-4288
EAST DETROIT — 10568 East 8 Mile Rd. • 774-0360
DETROIT — 3100 West Grand Blvd. • 813-0190
ANN ARBOR — 3320 Washtenaw • 973-1820

Before
After
You won't notice any difference, but your country will.
The five minutes you spend registering with Selective Service at the post office won't change you. But it will make a difference to your country. So when you turn 18, register with Selective Service. It's quick. It's easy. And it's the law.
A public service message of this publication and Selective Service System.

The Summer Sale Continues!
Henredon Bedroom Suites 30% Off
P.O. Box 111111
sherwood studios
TEL-TWELVE MALL • 12 MILE & TELEGRAPH • SOUTHFIELD
DAILY 10-9 • SUNDAY 12-5 • 354-9060

SUPER SIDEWALK SALE!
3 DAYS ONLY
JULY 15-16-17
ALL MERCHANDISE INSIDE STORE* **30% OFF**
LARGE SELECTION OF ACCESSORIES OUTSIDE STORE **50% OFF**
AND MORE
*EXCLUDING ACCESSORIES
SORRY - NO SPECIAL ORDERS
GROUPS SOLD AS COMPLETE SETS
IMMEDIATE DELIVERY AVAILABLE
sherwood studios
TEL-TWELVE MALL • 12 MILE & TELEGRAPH • SOUTHFIELD
DAILY 10-9 • SUNDAY 12-5 • 354-9060

O&E Classifieds work! ● O&E Classifieds work! ●