FOOD POISONING
A COMMON PROBLEM IN THE U.S.

Food poisoning, also called foodborne illness, occurs when a pathogen contaminates food and leads to illness. Nearly 50 million Americans - 1 out of every 6 - experience food poisoning every year. Every year, 128,000 people are hospitalized and 3,000 people die in the U.S. due to food poisoning.

Food poisoning can occur at any point in the food supply chain, which includes:

1. Production (growing, harvesting, or raising of food)
2. Processing (converting plants, meats, etc. into foods we eat)
3. Distribution (transporting food from processing to stores, markets, or restaurants)
4. Preparation (cooking or preparing food for consumers)

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Which Food Types Lead to Foodborne Illness?

- Produce - 46% of illnesses
- Meat & Poultry - 22% of illnesses
- Dairy & Eggs - 20% of illnesses
- Fish & Shellfish - 6% of illnesses
- Vegetables - 23% of deaths
- Fish & Shellfish - 6% of deaths
- Meat & Poultry - 15% of deaths
- Dairy & Eggs - 29% of deaths
- Produce - 22% of deaths

The top 5 pathogens that cause food poisoning are:

1. Norovirus
2. Salmonella
3. Clostridium perfringens
5. Staphylococcus aureus

Symptoms of food poisoning include:

- Nausea
- Vomiting
- Abdominal cramping
- Diarrhea
- Fever
- Headache

Resources:
- https://www.cdc.gov/foodsafety/foodborne-germs.html
- https://www.cdc.gov/foodborneburden/attribution-image.html#foodborne-illnesses

HAY A FOOD-RELATED INJURY?
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