

FOODBORNE ILLNESS

A foodborne illness is an infection or illness carried or transmitted to people by food containing harmful substances.

TYPES OF FOODBORNE ILLNESS

- 1. Foodborne infection** is caused by eating food contaminated with microorganisms and once in the body, the organisms continue to reproduce and cause illness. Bacteria causing infections include Salmonellosis and Listeriosis. Viruses include Hepatitis A, and norovirus. Parasites include Trichinella and Anisakis.
- 2. Foodborne intoxication** is caused by consuming food containing a toxin or chemical. Toxins may be caused by bacteria due to waste products released by the microorganisms. Clostridium botulinum or Staphylococcus aureus are examples of foodborne illness intoxications. Toxins are also the natural part of some plants such as mushrooms. Seafood toxins include scombroid and ciguatera. Chemicals and poisons such as cleaning compounds, pesticides, sanitizers, and metals cause intoxications.

Toxin-mediated infections are the result of eating food containing harmful microorganisms which produce toxins while in the intestinal tract. Viruses and parasites do not cause toxin mediated infection. Bacteria such as Shigella and Shiga toxin-producing E. coli cause toxin mediated infection.

