



BEAN SPROUT FOOD SAFETY FACTSHEET

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P H O T O G R A P H Y

55 documented foodborne outbreaks affecting more than 15,000 people world-wide.

Cook sprouts thoroughly to reduce the risk of illness. Cooking sprouts thoroughly kills any harmful bacteria.

Bean sprouts are commonly used in sandwiches, salads, and Asian dishes.

Nutritional and perceived health benefits have contributed to the increasing popularity of raw sprouted seed products.

Sprouts can be contaminated with harmful bacteria such as *E. coli*, *Listeria*, and *Salmonella*.

People living with cancer should avoid eating any type of raw or lightly cooked, still crunchy sprouts.

What Can You Do?

Storing:

- Store sprouts under refrigeration and at or below 4°C.

Cooking:

- People with cancer should avoid all raw and lightly cooked sprouts.
- Cook all sprouts thoroughly before eating.

Avoid:

- Providing people with cancer raw and lightly cooked sprouts.