

# Foodborne Parasites in the Food Supply Web: A Comprehensive Guide

Parasites are organisms that live off of other organisms, obtaining their nutrients from their host. Some parasites are harmless, while others can cause serious illness. Foodborne parasites are parasites that are transmitted through food. They can cause a variety of symptoms, including diarrhea, nausea, vomiting, abdominal pain, and fever.



## Foodborne Parasites in the Food Supply Web: Occurrence and Control (Woodhead Publishing Series in Food Science, Technology and Nutrition)

by Edward Luther Stevenson

★★★★★ 5 out of 5

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Foodborne parasites are a major public health concern. The Centers for Disease Control and Prevention (CDC) estimates that there are over 14 million cases of foodborne illness in the United States each year, and that foodborne parasites cause about 14% of these cases.

There are a number of different types of foodborne parasites. Some of the most common include:

- *Giardia lamblia*
- *Cryptosporidium parvum*
- *Trichinella spiralis*
- *Toxoplasma gondii*
- *Taenia solium*

Foodborne parasites can be transmitted through a variety of foods. Some of the most common sources include:

- Contaminated water
- Raw or undercooked meat, poultry, or seafood
- Unwashed fruits and vegetables
- Food that has been handled by someone who is infected with a parasite

The symptoms of foodborne parasites can vary depending on the type of parasite. Some parasites, such as *Giardia lamblia*, cause mild symptoms that usually resolve within a few weeks. Other parasites, such as *Trichinella spiralis*, can cause more serious symptoms, such as muscle pain, fever, and swelling.

If you think you may have a foodborne parasite, it is important to see a doctor. Your doctor can Free Download tests to diagnose the parasite and prescribe treatment.

There are a number of things you can do to protect yourself from foodborne parasites. These include:

- Wash your hands thoroughly with soap and water before eating.
- Cook meat, poultry, and seafood to the proper internal temperature.
- Wash fruits and vegetables thoroughly before eating them.
- Avoid drinking untreated water.
- Get regular checkups from your doctor.

Foodborne parasites are a serious public health concern. However, by taking steps to protect yourself, you can reduce your risk of infection.

Foodborne parasites are a hidden danger in our food supply. They can cause a variety of symptoms, from mild to severe. By taking steps to protect yourself, you can reduce your risk of infection.

If you think you may have a foodborne parasite, it is important to see a doctor. Your doctor can Free Download tests to diagnose the parasite and prescribe treatment.

For more information on foodborne parasites, please visit the following resources:

- Centers for Disease Control and Prevention (CDC)
- Food and Drug Administration (FDA)
- World Health Organization (WHO)

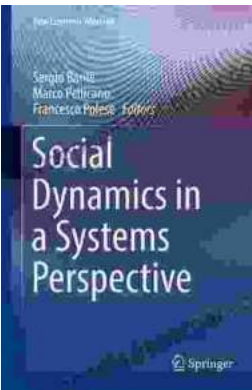


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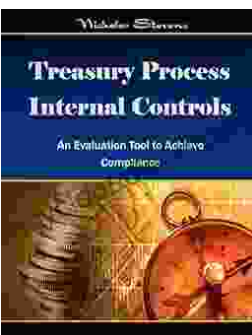
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