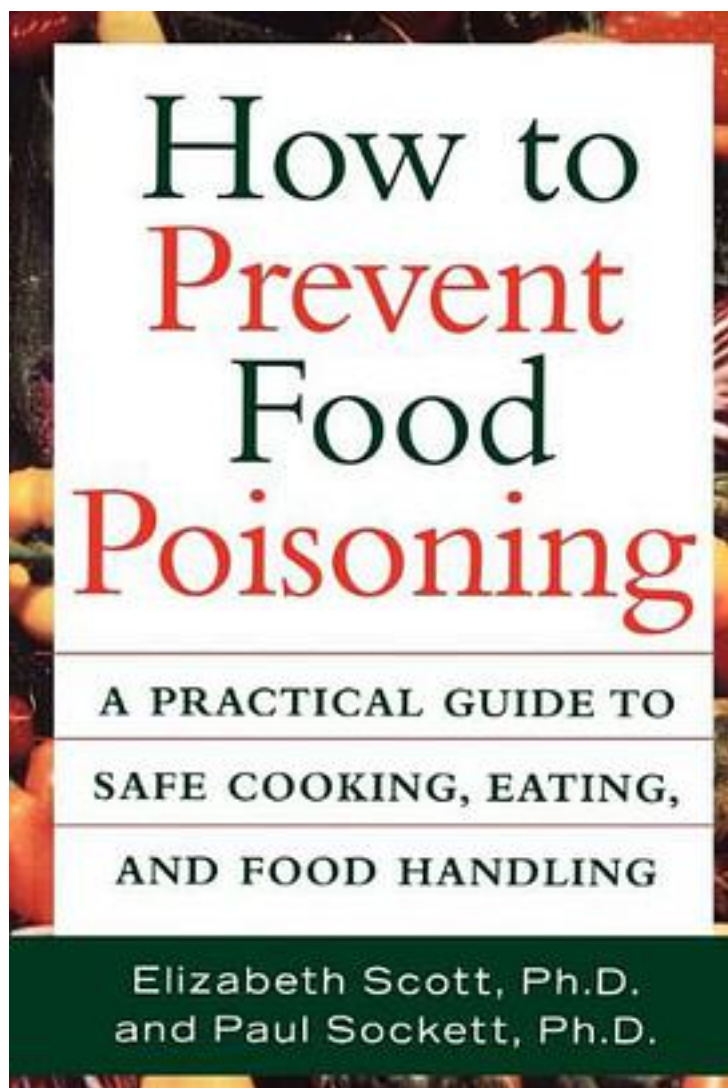


How to Prevent Food Poisoning



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All the information you need to protect yourself and your family From salmonella to deadly E.coli, from hepatitis-infected berries to mad cow disease, millions of people all over the world are getting sick from food they've eaten. How can you be sure the food you prepare for your family is safe? How can you protect yourself when eating out? What do you need to look out for? How to Prevent Food Poisoning gives you the facts, figures, and information you need to safeguard your family's health. From the many different causes and complications of food poisoning to workable guidelines that are practical and easy to follow, this unique guide gives you everything you need to select, prepare, and store food without risk or worry. Here are the right ways to: Be sure the food you're buying is safe Prevent food contamination in your home Transport and store food properly -- including leftovers Eat safely in restaurants Reduce germs in the kitchen.

作者介绍:

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