

Nuts: Safe Methods for Consumers to Handle, Store, and Enjoy

Almonds, Chestnuts, Pecans, Pistachios, and Walnuts

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WHY EAT NUTS?

Nuts are delicious and they are good for you. After an extensive review of nutrition and health studies, the U.S. Food and Drug Administration has affirmed that

- including nuts in a diet low in saturated fat and cholesterol may help reduce the risk of heart disease
- almonds, pecans, pistachios, and walnuts contribute to health through their protein, dietary fiber, and unsaturated fat

To enjoy nuts and get the most health benefits, nuts must be handled safely.

- Proper storage is necessary to keep the oil in nuts from going rancid.
- Careful handling is needed to prevent nuts from being a source of harmful bacteria.

SAFE HANDLING OF NUTS

Bacteria are everywhere. Some types of bacteria are beneficial to human health, many have no impact on health, and some cause severe illness and even death. Dry foods like nuts are not a common source of harmful bacteria. However, in recent years a number of dried foods have been associated with outbreaks of salmonellosis. This has included outbreaks with raw almonds, cereal, peanut butter, dried pet food, black pepper, and sesame seeds. **Refrigeration and freezing do not destroy this bacteria. The presence of harmful bacteria cannot be determined by sight, smell, taste, or texture.**



Photo: Suzanne Bailey

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Nuts: Safe Methods for Consumers to Handle, Store, and Enjoy Christine Bruhn,Linda Harris,2010-08-19 For almonds chestnuts pecans pistachios and walnuts Nuts are delicious and they are good for you Here are some simple handling and storage tips you can follow to keep them good to eat and prevent rancidity or the growth of bacteria that have the potential to cause illness

Nuts: Safe Methods for Consumers to Handle, Store, and Enjoy Christine Bruhn,Linda J Harris,Maria Giovanni,Diane Metz,2010 Nuts are delicious and they are good for you Here are some simple handling and storage tips you can follow to keep them good to eat and prevent rancidity or the growth of bacteria that have the potential to cause illness

Food Safety and Quality in the Global South Matthew Chidozie Ogwu,Sylvester Chibueze Izah,Nontuthuko Rosemary Ntuli,2024-08-01 This book focuses on sustainable food systems in the Global South as highlighted by the United Nations Sustainable Development Goal 2 which seeks to end global hunger through food and nutrient security It addresses the organoleptic properties of food that contribute to food quality as well as aspects of food safety such as the systematic handling preparation packaging contamination and storage within the food system to ensure food quality is maintained while preventing food borne illnesses The book assesses the state of food quality in the Global South and promotes the establishment of critical control points for food quality monitoring and maintaining adequate nutrient levels in food while keeping out organic inorganic and synthetic contaminants The book also contains recommendations for corrective actions including consumer information systems and remedial health actions The book systematically connects food safety and quality in the Global South with broader health and sustainable development implications including the rising concern of non communicable diseases This comprehensive book delves into various aspects of food safety and quality in the Global South offering insights into challenges solutions and emerging trends across multiple disciplines This book serves as a valuable resource for academics researchers policymakers and practitioners involved in food science public health and sustainable development The diverse range of topics covered contributes to a holistic understanding of the complexities involved in ensuring safe and high quality food in the unique context of the Global South

Microbial Food Safety Omar A. Oyarzabal,Steffen Backert,2011-12-03 In this book some of the most qualified scientists review different food safety topics ranging from emerging and reemerging foodborne pathogens food regulations in the USA food risk analysis and the most important foodborne pathogens based on food commodities This book provides the reader with the necessary knowledge to understand some of the complexities of food safety However anybody with basic knowledge in microbiology will find in this book additional information related to a variety of food safety topics

Food News for Consumers ,1984

Encyclopedia of Food Safety ,2013-12-12 With the world s growing population the provision of a safe nutritious and wholesome food supply for all has become a major challenge To achieve this effective risk management based on sound science and unbiased information is required by all stakeholders including the food industry governments and

consumers themselves In addition the globalization of the food supply requires the harmonization of policies and standards based on a common understanding of food safety among authorities in countries around the world With some 280 chapters the Encyclopedia of Food Safety provides unbiased and concise overviews which form in total a comprehensive coverage of a broad range of food safety topics which may be grouped under the following general categories History and basic sciences that support food safety Foodborne diseases including surveillance and investigation Foodborne hazards including microbiological and chemical agents Substances added to food both directly and indirectly Food technologies including the latest developments Food commodities including their potential hazards and controls Food safety management systems including their elements and the roles of stakeholders The Encyclopedia provides a platform for experts from the field of food safety and related fields such as nutrition food science and technology and environment to share and learn from state of the art expertise with the rest of the food safety community Assembled with the objective of facilitating the work of those working in the field of food safety and related fields such as nutrition food science and technology and environment this work covers the entire spectrum of food safety topics into one comprehensive reference work The Editors have made every effort to ensure that this work meets strict quality and pedagogical thresholds such as contributions by the foremost authorities in their fields unbiased and concise overviews on a multitude of food safety subjects references for further information and specialized and general definitions for food safety terminology In maintaining confidence in the safety of the food supply sound scientific information is key to effectively and efficiently assessing managing and communicating on food safety risks Yet professionals and other specialists working in this multidisciplinary field are finding it increasingly difficult to keep up with developments outside their immediate areas of expertise This single source of concise reliable and authoritative information on food safety has more than ever become a necessity

Toxicology Research Projects Directory ,1976-03 An indexed directory of current research project abstracts in toxicology and related fields

Food Safety at Farmers Markets and Agritourism Venues Desmond Ansel Jolly,2005

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