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Lettuce and E. coli

Lettuce is healthy and a great source of nutrients...provided it’s handled properly. Because they’re eaten raw and difficult to properly clean, leafy greens are frequently sources of foodborne illness. The current outbreak of Escherichia coli associated with romaine lettuce has seen cases in nearly 19 states and nearly 40 hospitalizations. Overall, illness from lettuce is rare, but care should still be taken when selecting and washing salad greens.


- Human exposure to antibiotic resistant-Escherichia coli through irrigated lettuce. O'Flaherty E, Solimini AG, Pantanella F, De Giusti M, Cummins E.


By Rachel Becker, MLIS