Good Eggs

Buy, handle, store and cook this nutritious food safely.

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Earlier this year, Rose Acre Farms, in Seymour, Indiana, voluntarily recalled more than 200 million eggs after the Food and Drug Administration (FDA) linked them to a widespread outbreak of salmonella in 10 states.

But properly handling this affordable source of quality protein can help consumers to prevent this foodborne illness. According to the FDA, folks should buy only undamaged eggs and promptly store them in the coldest part of the fridge at the correct temperature (45°F or below).

Additionally, after handling raw eggs, wash your hands and all the surfaces you've touched. Cook eggs until both the yolk and white are firm, and consume leftover dishes containing eggs within three to four days.

Also, never take chances. If you bought eggs that had to be returned, wash and sanitize the spaces in the refrigerator where they were stored.

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http://beta.docker.realhealthmag.com/article/good-eggs-salmonella