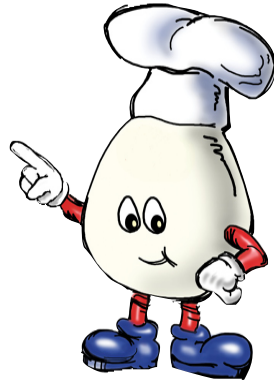


# Can I Eat That Raw Cookie Dough?

## Take-Out Points



- ▶ Eggs can contain bacteria called *Salmonella enteritidis* that cause foodborne illness or "food poisoning".
- ▶ Foods that contain raw eggs or eggs that are not completely cooked can cause foodborne illness.
- ▶ Examples are sunny-side up eggs, raw cookie dough, or drinks or salad dressings made with raw eggs.
- ▶ More than 140 years ago, the French scientist Louis Pasteur discovered a way to kill dangerous germs with heat. This process is named for him... pasteurization.
- ▶ Pasteurization kills bacteria and viruses.
- ▶ Foods that are often pasteurized for safety include milk, milk products, and juices.
- ▶ Eggs can be pasteurized in their shells through a special process. The eggs take a warm bath. It doesn't cook them, but it destroys germs. You can't do this at home.
- ▶ Pasteurized shell eggs are safe to use in recipes where eggs are used raw or not completely cooked - like cookie dough or sunny-side up eggs.
- ▶ Not all eggs are pasteurized. Pasteurized eggs get a special stamp.

