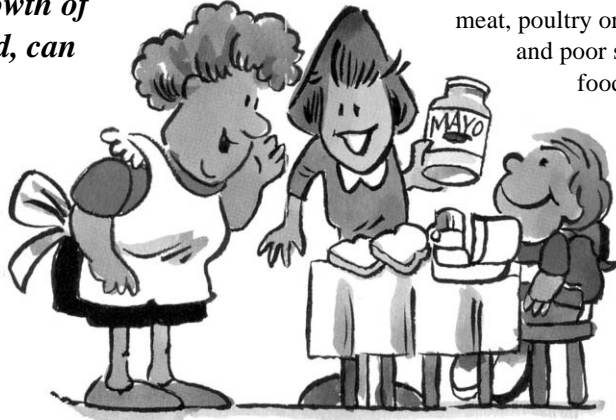


Over 60 years of research has proven commercially prepared mayonnaise does not cause foodborne illness. In fact, these commercial products are carefully prepared with ingredients such as vinegar, lemon juice and salt to create an unfriendly environment that inhibits the growth of bacteria and, indeed, can kill it. Commercial mayonnaise and mayonnaise-type salad dressings also contain pasteurized eggs that have been heat-treated to destroy harmful bacteria and ensure product safety.



Q. IF MAYONNAISE ISN'T A FOOD SAFETY PROBLEM, WHAT IS?

A. Unsanitary handling and preparation of foods in home kitchens and foodservice operations pose the greatest threat of bacterial contamination of food. According to the Centers for Disease Control and Prevention, foodborne illness cases are often traced back to: raw foods that are mishandled or contaminate other foods; undercooked meat, poultry or eggs; and, unsanitary kitchen habits and poor storage temperatures. Many of the foods typically used with mayonnaise such as chicken, ham or potatoes, are much more susceptible to bacterial growth than the mayonnaise itself. When preparing these foods, follow proper procedures for handling and storage.

Q. WHERE DID THIS "MAYO MYTH" BEGIN?

A. Many years ago, it was not unusual for dressings, mayonnaise in particular, to be prepared from scratch. When making mayonnaise, home cooks used unpasteurized eggs which scientists now know can sometimes be contaminated by Salmonella bacteria. Also, homemade mayonnaise, unlike commercial products, may not contain enough salt and vinegar to counteract the growth of harmful bacteria. The introduction and advancement of commercial mayonnaise production has given American consumers access to a variety of good tasting, safe dressings. Today's commercial mayonnaise does not have the food safety risks of its homemade predecessor.



Q. HOW CAN I MAKE SURE THE FOODS I SERVE AT A COOKOUT ARE SAFE?

A. Remember these simple rules from the Association for

Dressings and Sauces and the U.S. Department of Agriculture:

Avoid Cross-Contamination.

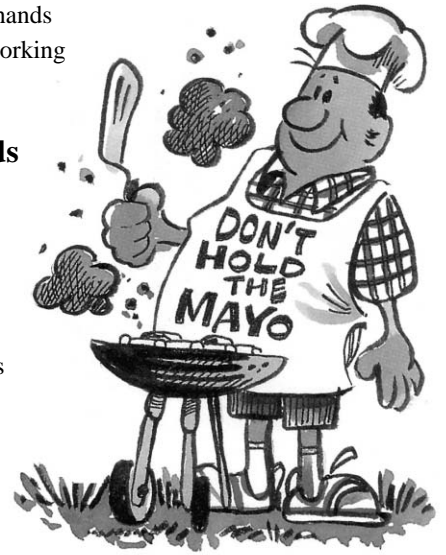
Wash hands, utensils and other food contact surfaces after contact with raw meat or poultry. Make sure all salad and sandwich ingredients are fresh and properly washed.

Practice Cleanliness.

If soap and water are unavailable, take along disposable, wet hand-wipes or a hand sanitizer to clean hands before and after working with food.

Keep hot foods hot and cold foods cold.

Keep all perishables in a cooler with ice or freeze-pack inserts until serving time. Make sure that food is frozen or cold to the touch before placing it in the cooler or cold thermos. Use a thermos designed for hot foods to keep soup, chili and stews at a safe temperature for several hours. Refrigerate leftovers at 35-45°F within two hours when the temperature of the food serving area is below 90°F, within an hour when the temperature is above 90°F.



Don't hold the mayo!

Today's commercial mayonnaise products are made with pasteurized eggs and the right blend of vinegar and salt to impart good flavor and fight bacterial growth. So not only can busy consumers enjoy the ease and convenience of good-tasting commercial mayonnaise, they can do so with the assurance that these products have been manufactured under the strictest requirements that meet and exceed today's food safety standards.

The safety of commercially prepared mayonnaise and mayonnaise-type salad dressings has been well-documented in scores of scientific studies.

Here's What the Experts Say:

Commercial mayonnaise is among the safest of foods when properly handled. Most harmful bacteria die off within hours in the presence of mayonnaise, largely due to its high acidity.

Michael P. Doyle, Ph.D., Professor and Director, University of Georgia, CENTER FOR FOOD SAFETY AND QUALITY ENHANCEMENT

Commercial mayonnaise and other commercial dressings are prepared under strict quality controls, and acidulents and salt are added that prevent the growth of food-poisoning bacteria. In fact, hazardous bacteria die off if placed in the commercially prepared product.

Douglas L. Archer, Ph.D., Chair, UNIVERSITY OF FLORIDA, DEPARTMENT OF FOOD SCIENCE AND NUTRITION, former Acting Deputy Director, CENTER FOR FOOD SAFETY AND APPLIED NUTRITION

Contrary to popular opinion, mayonnaise and salad dressing when added to salads or sandwiches will not increase spoilage or public health hazards, but actually retard spoilage and growth of pathogenic microorganisms.

Richard B. Smittle, "Microbiology of Mayonnaise and Salad Dressing: A Review," *Journal of Food Protection*

Mayonnaise is not the culprit in foodborne illness. The culprits are foods that are not prepared, served or stored properly.

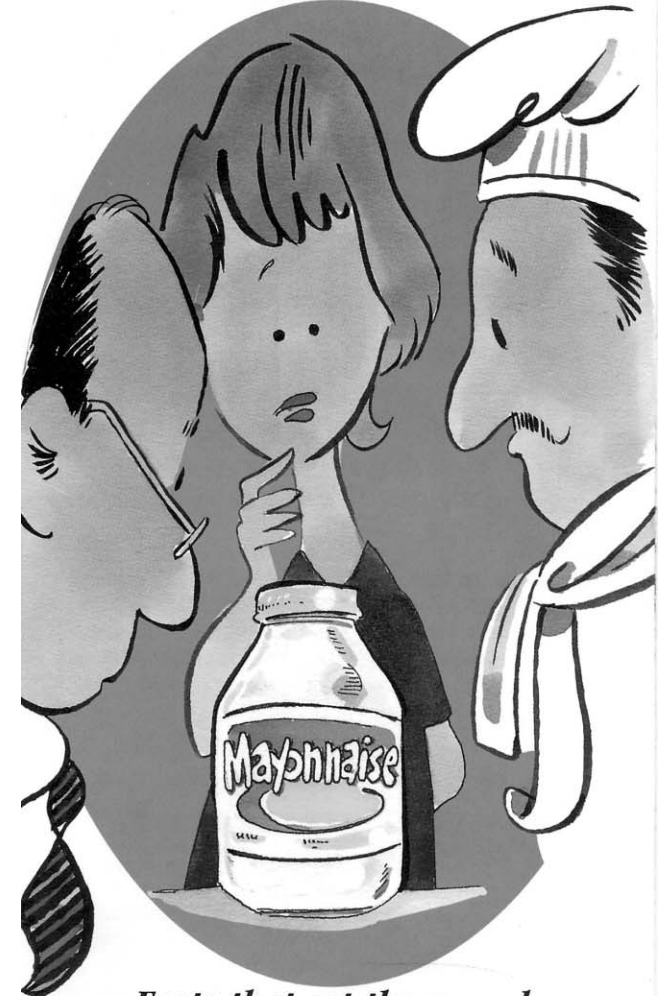
AMERICAN DIETETIC ASSOCIATION website "Tip of the Day! Beware of Food Spoilage as Weather Warms Up"



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website: www.dressings-sauces.org

MAYONNAISE: THE MISUNDERSTOOD DRESSING



**Facts that set the record
straight about food safety
and commercial mayonnaise**