Courtley's Mos angerous food in the world

Health and safety is an important factor in the workplace and in life in general. If you are in the food industry and taking care of adventurous eaters it could be the difference between life or death and we don't mean with saturated fat, sugars or cholesterol. Some foods if improperly prepared, will at the very least make you terribly sick. While you probably won't encounter most of the items during your life, a few of them are surprisingly common.

From Pufferfish to hot dogs, we've compiled a list of some of the most dangerous foods around the world and how deadly they can be to eat...



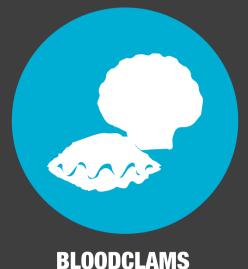
APRICOT SEEDS Seeds of cherries, plums,

peaches, almonds, apricots, and apples contain cyanogenetic glycosides, which upon ingestion release hydrogen cyanide. In Turkey, known for its large population of apricot trees, a few have died after "seed binges". Roasting the seeds make them safe for consumption.



The African Ackee fruit can be

eaten raw, or mixed in with traditional dishes. The danger comes from the large black seeds inside the fruit. They contain the poison hypoglycin, which if consumed, causes severe vomiting, and in worse case scenarios, coma or even death.



Although blood clams are

considered one of the more delicious Chinese delicacies, the style of preparation in Shanghai involves quick-boiling them, leaving many viruses and bacteria present, including hepatitis A, E, thyphoid, and dysentery.



Danger comes when the frog

selected for supper happens to be a tad too young. Ones that have not bred yet, carry a poison that can cause temporary kidney failure. Chances are you won't "croak" after eating one (provided you seek medial attention), but you'll probably be sick for a fair amount of time.



tapioca, and it's also a vital part

in the diets of millions of people worldwide. If the cassava is improperly prepared, it can produce cyanide. Make sure it's always properly cultivated and cooked, otherwise you might get some unwanted poison as well.



the open and flies buzz on by and lay eggs inside. Hatched

maggots eat some of the cheese, and the fermentation process speeds along. Surviving maggots inside the human body cause severe health problems, like bloody diarrhea and vomiting.



height of an average man, the largest cnidarian in the world.

The toxic parts of the jellyfish need to be removed so that it can be prepared without risk for human consumption.



toxic buildup in the body and make you quite ill. Symptoms

include nausea, vomiting,

diarrhea, and even coma. Cooking the berries destroys the glycosides present in the seeds, making them safe to eat.



dish, is properly prepared, there isn't any problem with eating it but when the fish is improperly

Japan. When the fish, and the

prepared, you'll probably die. Fugu contains a tetrodoxin that will cause your muscles to freeze up, and keep you from breathing and there is no antidote..



death. So always take small

bites, and chew or cut them up

into smaller pieces.

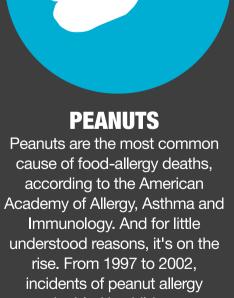
MONKEY BRAIN There are places, mostly in Asia, where you can eat a primate's brains. The danger comes from Variant Creutzfeldt-Jakob disease, which can lurk inside a monkey's skull. This disease, which is similar to Mad Cow

disease causes rapidly progressive dementia and psychosis.



carry toxins that kill. Always know what kind of mushroom

you're picking, and hunt for them with a knowledgeable guide.







significant amounts, and cause seizures and severe respiratory problems. Be careful when doubled in children. baking that rhubarb pie. diners and choke them to death.

The old saying "you are what you eat" takes on new meaning when what you "eat" could potentially kill you. So take care when planning your diet for the day - at least



Sources: Various websites Courtley Health & Safety Ltd

60 (AB

courtley.com

Alchemy Way Knowsley Liverpool L33 7XN

now you know a few foods you may want to avoid.

Head Office Southern Office 5 Platinum Court Meridian Centre Vulcan Way Croydon Surrey CR0 9UG

success is no accident

Telephone 0870 300 8174 Email info@courtley.com Web www.courtley.com













Registered in England and Wales: 3013533











DX.