



live life well.



TIP OF THE WEEK



Fruit and Vegetable **Juices**



Safety and Fresh-Squeezed Products

Most of the juices sold in the United States are processed (for example, "pasteurized") to kill harmful bacteria. But when fruits and vegetables are fresh-squeezed and left untreated, harmful bacteria from the inside or the outside of the produce can become a part of the finished product.



- Some grocery stores, health food stores, cider mills, and farm markets sell packages and containers of juice that was made on site and **has not been pasteurized** or otherwise treated to kill harmful bacteria.
- These untreated products should be **kept in the refrigerated section** of the store or on ice, and **must have the following warning on the label** regarding people who are at risk for foodborne illness:



- Juices that are **fresh squeezed and sold by the glass** - such as at farm markets, at roadside stands, or in some restaurants or juice bars - may not be pasteurized or otherwise treated to ensure safety. Warning labels are not required for these products.
- If you or someone in your family is at risk for foodborne illness, and you cannot determine if a juice has been processed to destroy harmful bacteria, either **don't drink it or bring it to a boil** to kill any harmful bacteria that may be present.



Those at risk for foodborne illness should not drink unpasteurized juice unless it is brought to a boil first.



For additional tips from U.S. Food and Drug Administration please visit www.fda.gov, select Food under Products FDA Regulates