

# Contents

*Preface xvii*

*About the Authors xxi*




---

## Basics of Food Microbiology 1

1

---

### The Trajectory of Food Microbiology 3

**Introduction 3**

**Who's on First? 3**

**Food Microbiology, Past and Present 4**

**To the Future and Beyond 8**

*Summary 10*

*Suggested reading 10*

*Questions for critical thought 11*

2

---

### Microbial Growth, Survival, and Death in Foods 12

**Introduction 12**

**Food Ecosystems, Homeostasis, and Hurdle Technology 14**

Foods as Ecosystems 14

**Classical Microbiology and Its Limitations 15**

Limitations of Detection and Enumeration Methods 15

Plate Counts 15

Selective, or Differential, Media 15

Most-Probable-Number Methods 17

Enrichment Techniques 18

**Physiological States of Bacteria 19**

Introduction 19

Injury 19

Viable but Nonculturable 20

Quorum Sensing and Signal Transduction 22

Biofilms 24

**Factors That Influence Microbial Growth 25**

Intrinsic Factors 25

Extrinsic Factors 31

Homeostasis and Hurdle Technology 34

**Growth Kinetics 37**

**Microbial Physiology and Metabolism 39**

Carbon Flow and Substrate-Level

Phosphorylation 40

The TCA Cycle Links Glycolysis to Aerobic

Respiration 42

**Conclusion 42**

*Summary 43*

*Suggested reading 44*

*Questions for critical thought 44*

3

---

### Spores and Their Significance 46

**Introduction 46**

**Spores in the Food Industry 46**

Low-Acid Canned Foods 47

Bacteriology of Sporeformers of Public Health Significance 49

Heat Resistance of *C. botulinum* Spores 51  
Spoilage of Acid and Low-Acid Canned and Vacuum-Packaged Foods by Sporeformers 52

**Spore Biology 54**

Structure 54  
Macromolecules 55  
Small Molecules 55  
Dormancy 55  
Resistance 55  
Freezing and Desiccation Resistance 57  
Pressure Resistance 58  
 $\gamma$ -Radiation Resistance 58  
UV Radiation Resistance 58  
Chemical Resistance 58  
Heat Resistance 58

**The Cycle of Sporulation and Germination 60**

Sporulation 60  
Activation 61  
Germination 61  
Outgrowth 62  
*Summary* 62  
*Suggested reading* 63  
*Questions for critical thought* 63

**4**

---

**Detection and Enumeration of Microbes in Food 64**

**Introduction 64**

**Sample Collection and Processing 66**

**Analysis 68**

Metabolism-Based Methods 70  
Surface Testing 70  
*Summary* 72  
*Suggested reading* 73  
*Questions for critical thought* 73

**5**

---

**Rapid and Automated Microbial Methods 74**

**Introduction 74**

**Sample Processing 75**

**Requirements and Validation of Rapid Methods 75**

**Rapid Methods Based on Traditional Methods 77**

**Immunologically Based Methods 81**

**Molecular Methods 82**

**A Potpourri of Rapid Methods 84**

*Summary* 85  
*Suggested reading* 85  
*Questions for critical thought* 86

**6**

---

**Indicator Microorganisms and Microbiological Criteria 87**

**Introduction 87**

The Purpose of Microbiological Criteria 87  
The Need To Establish Microbiological Criteria 88  
Definitions 88  
Who Establishes Microbiological Criteria? 89

**Sampling Plans 89**

Types of Sampling Plans 90

**Establishing Limits 91**

**Indicators of Microbiological Quality 92**

Indicator Microorganisms 92  
Metabolic Products 94

**Indicators of Foodborne Pathogens and Toxins 95**

Indicator Organisms 98  
Fecal Coliforms and *E. coli* 99  
Metabolic Products 99

**Application and Specific Proposals for Microbiological Criteria for Food and Food Ingredients 99**

**Current Status 100**

*Summary* 103  
*Suggested reading* 103  
*Questions for critical thought* 103

---

# Foodborne Pathogenic Bacteria 105

7

---

<b>Regulatory Issues</b>	107
<b>Introduction</b>	107
<b>U.S. Agencies Involved in Food Regulation</b>	108
The USDA	108
The FDA	111
The CDC	114
<b>Surveillance</b>	114
<b>When an Outbreak Occurs</b>	117
<b>Agroterrorism</b>	119
<b>What's Next?</b>	120
<b>Global Perspective</b>	120
<b>"It Takes a Village" and Maybe More</b>	121
<i>Summary</i>	121
<i>Suggested reading</i>	122
<i>Questions for critical thought</i>	122

8

---

<b><i>Bacillus cereus</i></b>	124
<i>Outbreak</i>	124
<b>Introduction</b>	124
<b>Characteristics of the Organism</b>	125
<b>Environmental Sources</b>	126
<b>Foodborne Outbreaks</b>	126
<b>Characteristics of Disease</b>	126
<b>Dose</b>	127
<b>Virulence Factors and Mechanisms of Pathogenicity</b>	127
The Emetic Toxin	128
Enterotoxins	128
<i>B. cereus</i> as a Medical Pathogen	128
The Spore	130
<i>Summary</i>	131
<i>Suggested reading</i>	131
<i>Questions for critical thought</i>	131

9

---

<b><i>Campylobacter</i> Species</b>	132
<i>Outbreak</i>	132
<b>Introduction</b>	132
<b>Characteristics of the Organism</b>	133
<b>Environmental Susceptibility</b>	133
<b>Reservoirs and Foodborne Outbreaks</b>	133
<b>Characteristics of Disease</b>	136
<i>C. jejuni</i> and <i>C. coli</i>	136
Other <i>Campylobacter</i> Species	137
<b>Epidemiological Subtyping Systems Useful for Investigating Foodborne Illnesses</b>	137
<b>Infective Dose and Susceptible Populations</b>	137
<b>Virulence Factors and Mechanisms of Pathogenicity</b>	138
Cell Association and Invasion	138
Flagella and Motility	138
Toxins	139
Other Factors	139
Autoimmune Diseases	139
<b>Immunity</b>	139
<i>Summary</i>	140
<i>Suggested reading</i>	140
<i>Questions for critical thought</i>	140

10

---

<b><i>Clostridium botulinum</i></b>	142
<b>Introduction</b>	142
Four Faces of Botulism	142
<b>Characteristics of the Disease</b>	145
<b>Toxic Doses</b>	148
<b>Characteristics of <i>C. botulinum</i></b>	148
Classification	148
Tolerance to Preservation Methods	150

**Sources of *C. botulinum* 153**

Occurrence of *C. botulinum* in the Environment 153

Occurrence of *C. botulinum* in Foods 154

**Virulence Factors and Mechanisms of Pathogenicity 155**

Structure of the Neurotoxins 155

Genetic Regulation of the Neurotoxins 155

Mode of Action of the Neurotoxins 157

*Summary* 157

*Suggested reading* 157

*Questions for critical thought* 157

11

---

***Clostridium perfringens* 160**

**The Foodborne Illness 160**

A Spore's-Eye View of *Clostridium perfringens*

Toxicoinfections 160

Cruel and Unusual Punishment 160

Incidence 161

Vehicles for *C. perfringens* Foodborne Illness 161

Factors Contributing to *C. perfringens* Type A Foodborne Illness 162

Preventing *C. perfringens* Type A Foodborne Illness 162

Identification of *C. perfringens* Type A Foodborne Illness Outbreaks 162

**Characteristics of *C. perfringens* Type A Foodborne Illness 163**

**Infectious Dose for *C. perfringens* Type A Foodborne Illness 163**

**The Organism 163**

Overview 163

Classification: Toxin Typing of *C. perfringens* 164

Control of *C. perfringens* 165

**Reservoirs for *C. perfringens* Type A 166**

**Virulence Factors Contributing to *C. perfringens* Type A Foodborne Illness 166**

Heat Resistance 166

*C. perfringens* Enterotoxin 166

*Summary* 168

*Suggested reading* 169

*Questions for critical thought* 169

12

---

**Enterohemorrhagic *Escherichia coli* 170**

*Outbreak* 170

**Introduction 171**

Categories of *E. coli* 171

**Characteristics of *E. coli* O157:H7 and Non-O157 EHEC 175**

Acid Tolerance 175

Antibiotic Resistance 176

Inactivation by Heat and Irradiation 176

**Reservoirs of *E. coli* O157:H7 177**

Detection of *E. coli* O157:H7 and Other EHEC Strains on Farms 177

Factors Associated with Bovine Carriage of *E. coli* O157:H7 177

Cattle Model for Infection by *E. coli* O157:H7 177

Domestic Animals and Wildlife 178

Humans 178

**Disease Outbreaks 178**

Geographic Distribution 178

Seasonality of *E. coli* O157:H7 Infection 179

Age of Patients 179

Transmission of *E. coli* O157:H7 179

Examples of Foodborne and Waterborne Outbreaks 179

**Characteristics of Disease 181**

**Infectious Dose 182**

**Mechanisms of Pathogenicity 183**

Attaching and Effacing 183

The Locus of Enterocyte Effacement 183

The 60-MDa Plasmid (pO157) 184

Stxs 185

**Conclusion 186**

*Summary* 187

*Suggested reading* 187

*Questions for critical thought* 187

## 13

***Listeria monocytogenes* 189***Outbreak* 189**Introduction** 190**Characteristics of the Organism** 191

Classification 191

Susceptibility to Physical and  
Chemical Agents 192**Listeriosis and Specific Foods** 193

Ready-to-Eat Foods 193

Milk Products 193

Cheeses 193

Meat and Poultry Products 194

Seafoods 194

Other Foods 195

Environmental Sources of *L. monocytogenes* 195

Food-Processing Plants 195

Prevalence and the Regulatory Status of  
*L. monocytogenes* 196

Human Carriers 199

**Foodborne Outbreaks** 199**Characteristics of Disease** 200**Infectious Dose** 201**Virulence Factors and Mechanisms of  
Pathogenicity** 201Pathogenicity of *L. monocytogenes* 201

Specific Genes Mediate Pathogenicity 202

*Summary* 203*Suggested reading* 203*Questions for critical thought* 204*More questions than answers* 204

## 14

***Salmonella* Species 205***Outbreak* 205**Introduction** 205**Characteristics of the Organism** 208

Biochemical Identification 208

Taxonomy and Nomenclature 209

Serological Identification 209

Physiology 210

**Reservoirs** 213**Characteristics of Disease** 214

Symptoms and Treatment 214

Preventative Measures 215

Antibiotic Resistance 216

**Infectious Dose** 216**Pathogenicity and Virulence Factors** 217

Specific and Nonspecific Human Responses 217

Attachment and Invasion 218

Growth and Survival within Host Cells 218

Virulence Plasmids 218

Other Virulence Factors 219

*Summary* 220*Suggested reading* 220*Questions for critical thought* 220

## 15

***Shigella* Species 222***Outbreak* 222**Introduction** 223

Classification and Biochemical Characteristics 224

*Shigella* in Foods 226

Survival and Growth in Foods 226

**Characteristics of Disease** 227**Foodborne Outbreaks** 227**Virulence Factors** 228

Genetic Regulation 228

**Conclusions** 229*Summary* 229*Suggested reading* 229*Questions for critical thought* 230

## 16

***Staphylococcus aureus* 231***Outbreak* 231**Characteristics of the Organism** 232

Historical Aspects and General Considerations 232

Sources of Staphylococcal Food  
Contamination 232Resistance to Adverse Environmental  
Conditions 233**Foodborne Outbreaks** 234

Incidence of Staphylococcal Food Poisoning 234

A Typical Large Staphylococcal Food Poisoning  
Outbreak 234

**Characteristics of Disease 235**

**Toxic Dose 236**

Toxin Dose Required 236

**Microbiology, Toxins, and Pathogenicity 236**

Nomenclature, Characteristics, and Distribution of Enterotoxin-Producing Staphylococci 236

Introduction to and Nomenclature of the Staphylococcal Enterotoxins 238

Staphylococcal Regulation of Staphylococcal Enterotoxin Expression 240

*Summary* 243

*Suggested reading* 244

*Questions for critical thought* 244

---

17

**Vibrio Species 245**

*Outbreak* 245

**Introduction 246**

**Characteristics of the Organism 246**

Epidemiology 246

**Characteristics of Disease 246**

**Susceptibility to Physical and Chemical Treatments 247**

*V. cholerae* 247

*V. mimicus* 249

*V. parahaemolyticus* 250

*V. vulnificus* 251

*V. fluvialis*, *V. furnissii*, *V. hollisae*, and *V. alginolyticus* 253

*Summary* 253

*Suggested reading* 253

*Questions for critical thought* 254

---

18

**Yersinia enterocolitica 255**

*Outbreak* 255

**Introduction 256**

Characteristics of the Organism 256

Classification 256

Susceptibility and Tolerance 257

**Characteristics of Infection 258**

**Reservoirs 259**

**Foodborne Outbreaks 260**

**Mechanisms of Pathogenicity 261**

Pathological Changes 261

**Virulence Determinants 262**

Chromosomal Determinants of Virulence 262

Other Virulence Determinants 262

Pathogenesis of *Yersinia*-Induced Autoimmunity 263

*Summary* 263

*Suggested reading* 264

*Questions for critical thought* 264

---

**Other Microbes Important in Food 267**

---

19

**Lactic Acid Bacteria and Their Fermentation Products 269**

**Introduction 269**

**The Biochemical Foundation of Food Fermentation 269**

Catabolic Pathways 271

Genetics of Lactic Acid Bacteria 272

**Dairy Fermentations 272**

Starter Cultures 275

Production of Aroma Compounds 276

**Vegetable Fermentations 276**

Ingredients and Additives Used during Fermentations 277

Sauerkraut Fermentation 278

Pickle Fermentation 278

**Meat Fermentations 279**

*Summary* 280

*Suggested reading* 280

*Questions for critical thought* 281

**20****Yeast-Based and Other Fermentations 282****Introduction 282****Fermentations That Use Yeast 283**

Bread 283

Beer 285

Wine 287

**Vinegar Fermentation 290****Cocoa and Coffee Fermentations 291**

Cocoa 291

Coffee 293

**Fermented Foods of Non-Western Societies 293***Summary 296**Suggested reading 296**Questions for critical thought 297***21****Spoilage Organisms 298****Introduction 298****Meat, Poultry, and Seafood Products 299**

Origin of the Microflora in Meat 299

Origin of the Microflora in Poultry 299

Origins of Microfloras in Finfish 300

Origins of Microfloras in Shellfish 300

Bacterial Attachment to Food Surfaces 300

Microbial Progression during Storage 301

Muscle Tissue as a Growth Medium 302

Factors Influencing Spoilage 304

Control of Spoilage of Muscle Foods 306

**Milk and Dairy Products 309**

Milk and Dairy Products as Growth Media 309

Psychrotrophic Spoilage 311

Spoilage by Fermentative Nonsporeformers 314

Spore-Forming Bacteria 315

Yeasts and Molds 317

**Spoilage of Produce and Grains 317**

Types of Spoilage 318

Mechanisms of Spoilage 319

Influence of Physiological State 320

Microbiological Spoilage of Vegetables 320

Microbiological Spoilage of Fruits 322

Microbiological Spoilage of Grains and Grain Products 323

*Summary 325**Suggested reading 325**Questions for critical thought 325***22****Molds 327****Introduction 327****Isolation, Enumeration, and Identification 327*****Aspergillus* Species 332***A. flavus* and *A. parasiticus* 335Other Toxicogenic *Aspergilli* 339***Penicillium* Species 341**Significant *Penicillium* Mycotoxins 341**Fusaria and Toxicogenic Molds Other than *Aspergilli* and *Penicillia* 344**Toxicogenic *Fusarium* Species 344

Other Toxic Molds 347

*Summary 347**Suggested reading 347**Questions for critical thought 348***23****Parasites 349****Outbreak 349****Introduction 350****Protozoa 351***Cryptosporidium* spp. 353*Cyclospora cayetanensis* 357*Toxoplasma gondii* 360*Giardia intestinalis* 362

Other Protozoa of Interest 365

**Helminths 367**

Roundworms (Nematodes) 367

Tapeworms (Cestodes) 371

Flukes (Trematodes) 374

**Detection 376****Preventative Measures 376***Summary 377**Suggested reading 377**Questions for critical thought 378*

24

---

**Viruses and Prions 379**

**Introduction 379**

**Viruses 380**

Elementary Virology 380

Viruses as Agents of Foodborne Illness 383

Bacteriophages in the Dairy Industry 392

Beneficial Uses of Viruses 394

**Prions 394**

A Short History of the Prion 395

Prion Biology 397

*Summary 398*

*Suggested reading 398*

*Questions for critical thought 399*

---

**Control of Microorganisms in Food 401**

25

---

**Chemical Antimicrobials 403**

**Introduction 403**

**Factors That Affect Antimicrobial Activity 404**

**Organic Acids 405**

**Parabenzoic Acids 406**

**Nitrites 407**

**Phosphates 407**

**Sodium Chloride 408**

**Water Activity 408**

**Disinfectants 410**

Sulfites 411

Chlorine 413

Quaternary Ammonium Compounds 413

Peroxides 413

Ozone 414

**Naturally Occurring Antimicrobials 414**

Lysozyme 414

Lactoferrin and Other Iron-Binding Proteins 415

Avidin 415

Spices and Their Essential Oils 416

Onions and Garlic 416

Isothiocyanates 416

Phenolic Compounds 417

*Summary 417*

*Suggested reading 417*

*Questions for critical thought 418*

26

---

**Biologically Based Preservation and Probiotic Bacteria 419**

**Introduction 419**

**Biopreservation by Controlled Acidification 420**

**Bacteriocins 420**

General Characteristics 420

Bacteriocin Applications in Foods 422

**Probiotic Bacteria 426**

The Human GI Tract Is a Microbial Ecosystem 427

*Summary 430*

*Suggested reading 430*

*Questions for critical thought 430*

27

---

**Physical Methods of Food Preservation 432**

**Introduction 432**

**Physical Dehydration Processes 432**

Drying 432

Freeze-Drying 433

**Cool Storage 433**

Controlled-Atmosphere Storage 434

Modified-Atmosphere Packaging 434

**Freezing and Frozen Storage 435**



**Preservation by Heat Treatments 436**

- Technological Fundamentals 436
- Thermobacteriology 438
- Calculating Heat Processes for Foods 443
- Summary 445*
- Suggested reading 445*
- Questions for critical thought 445*

28

**Nonthermal Processing 448**

- Introduction 448**
- Acceptance 449**
- High-Pressure Processing 452**
- Ozone 455**
- Ultraviolet Light 458**
- Pulsed Electric Fields and Pulsed Light 460**
- Oscillating Magnetic Fields 461**
- Ultrasound 462**
- Conclusions 463**
- Summary 463*
- Suggested reading 464*
- Questions for critical thought 464*

**Critical Thinking Skills 485****Useful Websites for Food Safety Information 488****Glossary 491****Answers to Crossword Puzzles 501****Answers to Selected Questions for Critical Thought 503****Index 521**

29

**Sanitation and Related Practices 465****Introduction 465****Food Safety Objectives 465****Good Manufacturing Practices 466**

- General Provisions (Subpart A) 467
- Buildings and Facilities (Subpart B) 467
- Equipment (Subpart C) 467
- Production and Process Controls (Subpart E) 468
- DALs (Subpart G) 468

**Sanitation 471**

- SSOPs 474
- HACCP 474

**Conclusions 481**

- Summary 482*
- Suggested reading 482*
- Questions for critical thought 482*