# Article information:

Eating 5-Day-Old Pasta or Rice Can Actually Kill You. Here's How : ScienceAlert  
<https://www.sciencealert.com/here-s-why-eating-old-pasta-and-rice-can-kill-you>

# Article summary:

1. B. cereus is a bacterium that can cause food poisoning and even death if it is allowed to grow and proliferate in food, such as rice or pasta.

2. Cases of people dying from eating 5-day-old pasta or rice have been recorded in the literature, with one case involving five children in one family getting sick from eating four-day-old pasta salad.

3. Research has identified two ways to help the body neutralise the effect of B. cereus toxins, but it is important to practice good kitchen hygiene and keep food stored in the fridge to prevent contamination.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article “Eating 5-Day-Old Pasta or Rice Can Actually Kill You. Here's How : ScienceAlert” provides an overview of the dangers associated with consuming old pasta or rice that has been contaminated by Bacillus cereus bacteria, which can lead to severe food poisoning and even death in some cases. The article cites several examples of cases where people have died from consuming old pasta or rice, including a 2005 case study involving five children who got sick after eating four-day-old pasta salad and a 2011 case involving a 20-year-old student who died after eating spaghetti with tomato sauce that had been cooked five days earlier. The article also mentions research that has identified two ways to help the body neutralise the effect of B. cereus toxins, although it does not provide any evidence for these claims nor does it explore any potential counterarguments or risks associated with this approach.

In terms of trustworthiness and reliability, this article appears to be biased towards emphasizing the dangers associated with consuming old pasta or rice without providing an equal amount of information about potential solutions or counterarguments. Additionally, there are no sources cited for any of the claims made in the article, making it difficult to verify their accuracy or determine whether they are supported by scientific evidence. Furthermore, while the article does mention good kitchen hygiene practices as a way to prevent contamination, it does not provide any detailed information about how these practices should be implemented nor does it discuss other possible risks associated with consuming old pasta or rice such as cross contamination from other foods stored nearby. As such, this article should be read with caution as its claims may not be entirely accurate or reliable due to its lack of evidence and one-sided reporting on this topic.

# Topics for further research:

* Food safety guidelines for storing pasta and rice
* Cross contamination risks associated with old pasta and rice
* Scientific evidence for neutralising B. cereus toxins
* Prevention of food poisoning from old pasta and rice
* Good kitchen hygiene practices for avoiding contamination
* Counterarguments to the dangers of consuming old pasta and rice

# Report location:

<https://www.fullpicture.app/item/1327a74dee04c24ad6b101b3c648620d>