



Foodborne Infections and Intoxications: Chapter 29. *Bacillus cereus* (Food Science and Technology)

Tarek F. El-Arabi, Mansel W. Griffiths

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Bacillus cereus is a gram-positive, rod-shaped, spore-forming bacterium that has the ability to grow at a variety of temperatures and pH. Two types of illnesses arise as a result of consumption of food contaminated with *B. cereus*, emetic and diarrheal. The emetic syndrome is usually associated with starchy foods such as fried rice, pasta, etc. The illness is caused due to the ingestion of a pre-formed toxin in food (i.e., intoxication). The diarrheal syndrome, on the other hand, is associated with other types of foods such as milk, salads, and meat. Unlike the emetic syndrome, the diarrheal illness is caused by ingesting a large number of bacterial cells (i.e., toxico-infection). Healthy individuals usually recover from *B. cereus* illness within a day or two but patients who have other health issues might suffer serious complications. To control this bacterium in food, proper cooking and rapid cooling are required to prevent spores from germinating.

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