

Monsoon disease prevention – Food

“Monsoon cravings can come with hidden risks.”

The rainy season can affect how food is stored, prepared, and consumed, increasing the chances of stomach infections and food contamination. Street food, uncovered snacks, and improperly stored leftovers become dangerous during this time.

Food safety habits for the monsoon:

- Eat freshly cooked, hot meals whenever possible
- Avoid cut fruits and uncovered food from outside
- Wash fruits and vegetables thoroughly before eating
- Store leftovers safely and reheat properly
- Be cautious with fried and street-side foods

What tastes comforting in the moment may not always be safe in the season. Smart food choices can prevent avoidable stomach issues and infections.

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