



International Conference on Engineering, Trends in Engineering,
Science, Humanities and Management (ICETESHM – 2024)

31st March, 2024, Karlo Bagh, New Delhi, India.

CERTIFICATE NO: ICETESHM /2024/ C0324313

A Study of Prevalence of Staphylococcus Aureus in Various Foods and Food Products

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ABSTRACT

The prevalence of *Staphylococcus aureus* in various foods and food products is a significant public health concern due to its potential to cause foodborne illnesses. This bacterium, commonly found on human skin and mucous membranes, can contaminate food during handling, processing, or storage. It is particularly problematic because of its ability to produce enterotoxins that can lead to symptoms such as nausea, vomiting, diarrhea, and abdominal cramps when ingested. *S. aureus* contamination has been frequently reported in ready-to-eat foods, dairy products, meat, poultry, and seafood. Improper hygiene during food preparation, inadequate cooking, and temperature abuse during storage are common factors contributing to its prevalence. The bacterium thrives under a wide range of environmental conditions, including moderate salt concentrations and temperatures, making it resilient in diverse food matrices. Moreover, the emergence of methicillin-resistant *Staphylococcus aureus* (MRSA) in food products raises additional concerns about antibiotic resistance and public safety. Effective control measures, such as strict hygiene protocols, proper food storage, and regular microbial testing, are essential to minimize contamination. Public awareness and adherence to food safety practices are equally vital to reducing the risks associated with *S. aureus* in food and ensuring the safety of consumers.