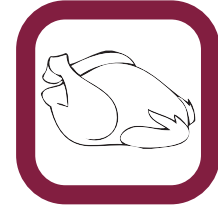


FAT TOM

Conditions that support the growth of microbial pathogens include:

F **Food.** Pathogens need a source of food — especially proteins or carbohydrates, which are readily available in many of the foods you serve.



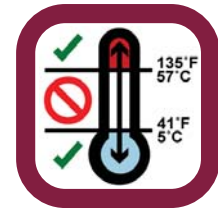
A **Acidity.** Pathogens grow best in foods with low acidity; ingredients like lemon or tomato can make the food too acidic for rapid growth of pathogens.



T **Time.** Pathogens need time to grow. A single bacterium can multiply to over 1,000,000,000 bacteria in 10 hours.



T **Temperature.** Pathogens grow best between 41°F (5°C) and 135°F (57°C) — The Danger Zone.



O **Oxygen.** Some pathogens need oxygen.



M **Moisture.** Pathogens need moisture to grow.



The acronym FAT TOM is a good way to remember the six conditions that pathogens need to flourish.