

## **TikTok Avocado Trend Health Concerns (*Interview Transcripts*)**

**Rachel Gustafson, Family Medicine APRN, OSF HealthCare**

“It gives bacteria a chance to harbor and multiply overnight, or even over months like some people are doing. It increases your risk for those GI infections such as listeria, salmonella, etcetera.” (:15)

**Rachel Gustafson, Family Medicine APRN, OSF HealthCare**

“Think about an avocado like you would an apple. A sliced apple will turn brown if you leave it out for even just an hour or so. That is just because of the oxidative process. The oxygen hits the apple, making it a little bit discolored. The same thing happens with an avocado. That does not mean that it’s old, it just has changed colors because of being sliced in half and open to the air.” (:25)

**Rachel Gustafson, Family Medicine APRN, OSF HealthCare**

“It probably gives it more of a chance for the bacteria to multiply when it is kept in the refrigerator for months at a time rather than one overnight. But even if after one day if the avocado gets that brown to it, it’s still good and ripe, so I probably would not take the chance and just use your avocado the next day as is.” (:21)

**Rachel Gustafson, Family Medicine APRN, OSF HealthCare**

“A lot of times, we will tell people to give it a day or two. With these salmonella and listeria infections, a lot of them will just get better on their own. The times that you want to investigate it further is if you are having symptoms such as significant amounts of diarrhea, you are not able to keep water down, and you’re getting dehydrated.” (:20)