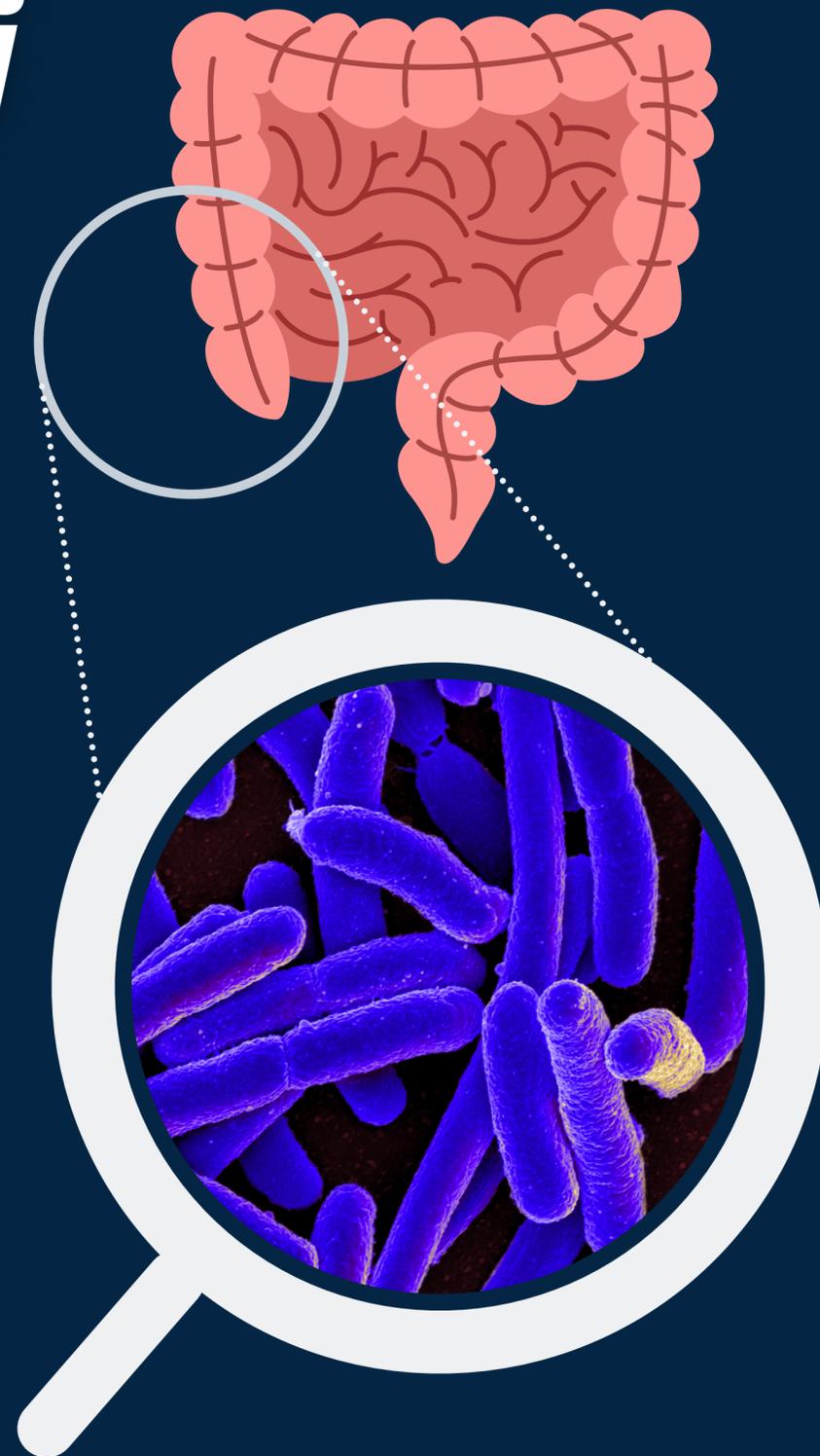


Escherichia coli

E. coli

- **Some *E. coli* produce Shiga toxins, which cause food poisoning**
- **Avoid raw milk, undercooked meat, and unwashed fruits and vegetables to reduce your risk**

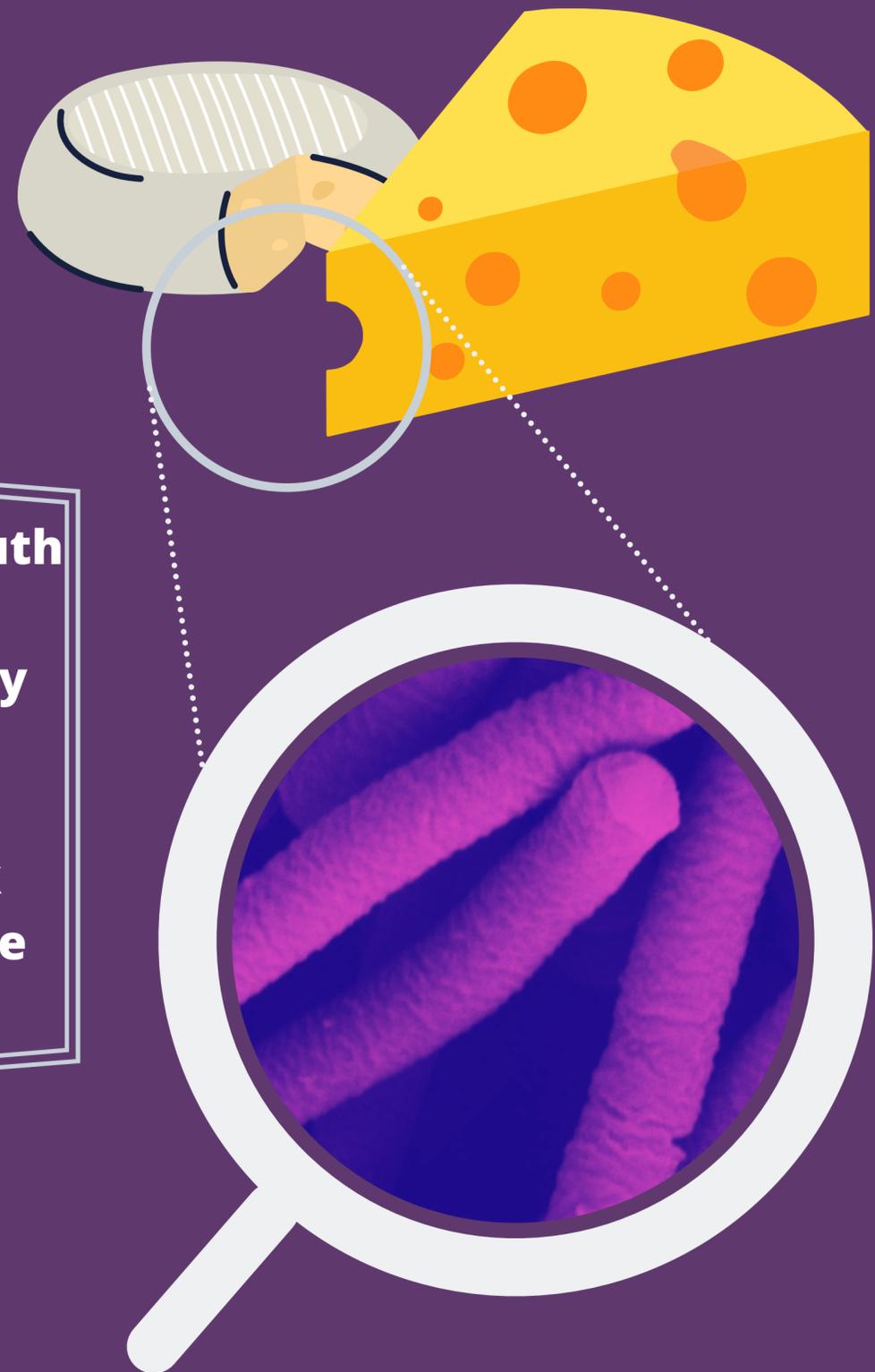
- **Lives in the gut and helps us absorb nutrients like iron**
- **Produces vitamin K2 which aids in bone health and blood clotting**



Lactobacillus acidophilus

- Included in cheese to help age cheese and to prevent the growth of another bacteria, *Listeria monocytogenes*, which can infect the brain or bloodstream

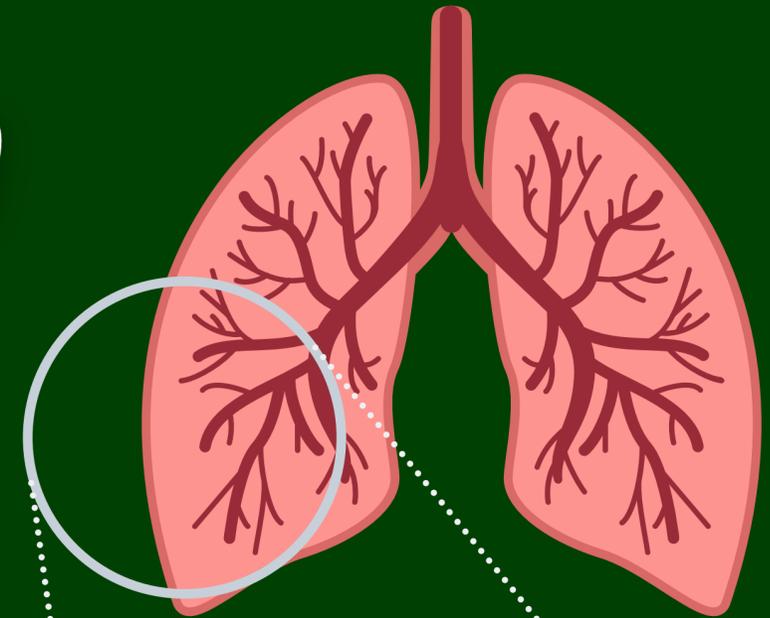
- Lives in the mouth and intestines
- Included in many probiotic supplements
- Helps you break down the lactose in milk



Mycobacterium tuberculosis

- Some *Mycobacteria tuberculosis* have mutated to resist antibiotics, spurring research into new anti-bacterial drugs
- A vaccine is available, but not used in the USA

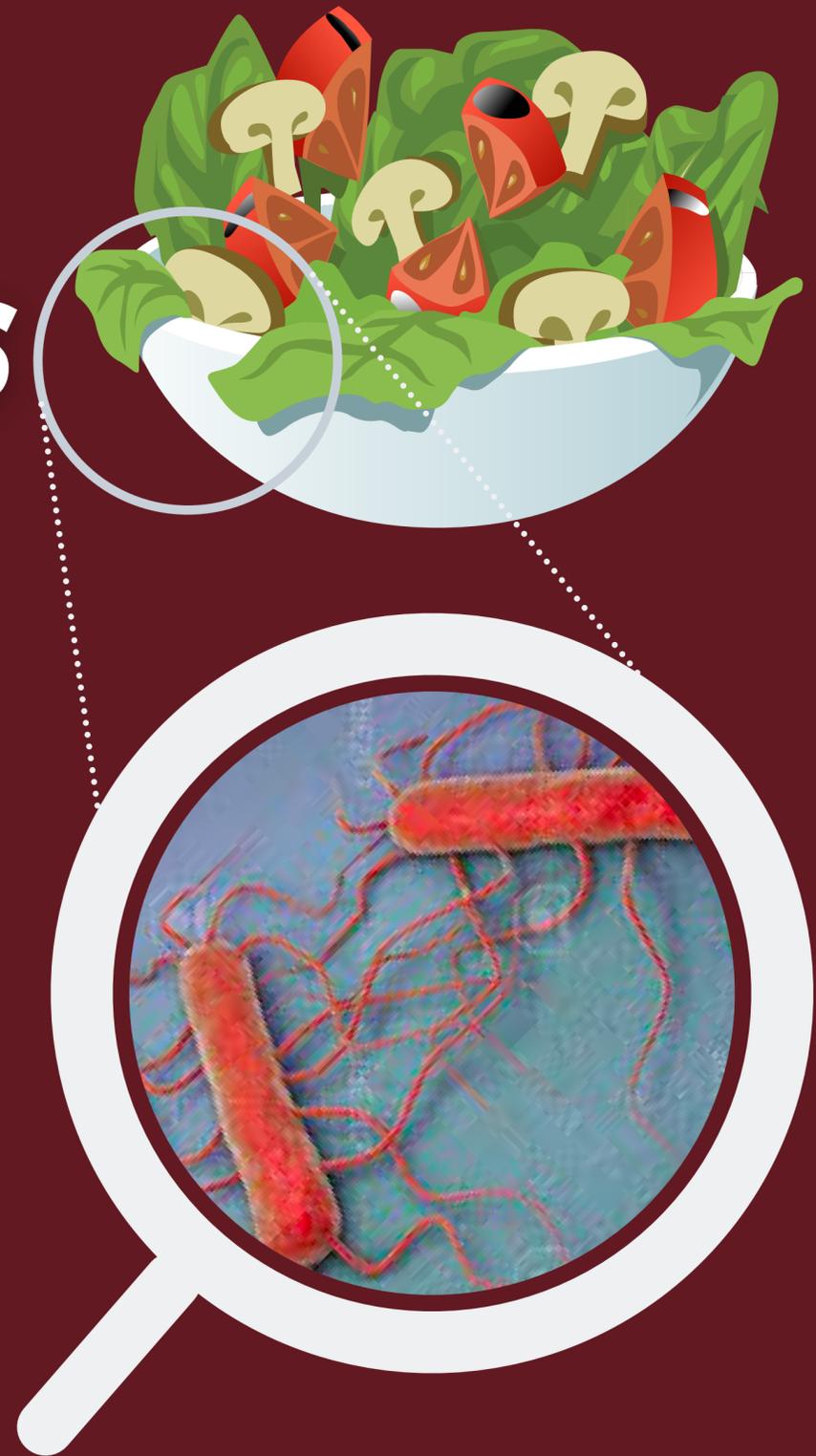
- Attacks the lungs and causes tuberculosis
- Infects ~20% of the world population
- Untreated, tuberculosis can be fatal.



Listeria monocytogenes

- Infections most affect pregnant women, newborns, older adults, and people with weakened immune systems

- *Listeria* causes extreme food poisoning and can lead to blood/brain infections
- Avoid soft cheeses, deli meat, and unwashed veg



Streptococcus mutans

- ***S. mutans* forms a sticky substance that helps it adhere to teeth and form plaque, which is a bacterial community called a biofilm**

- **Bacteria involved in tooth decay**
- **It converts sucrose into lactic acid, making the mouth acidic & susceptible to decay**



Aliivibrio fischeri

- *Aliivibrio fischeri* control light production through quorum sensing, a way of detecting the number of bacteria if the environment

- Marine bacteria with a symbiotic relationship to some squid
- Allows the squid emit light, which helps camouflage its shadow



Escherichia coli
E. coli



*I help you
absorb iron!*

Lactobacillus
acidophilus



*I help you
break down
milk!*

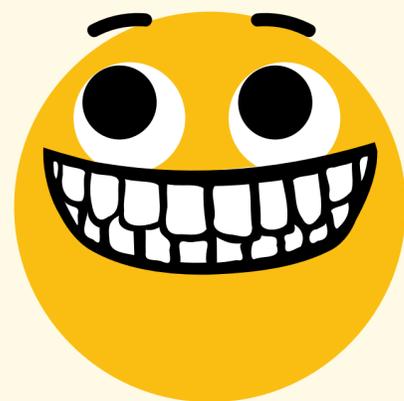
Listeria
monocytogenes



*I cause
listeriosis,
which can
be fatal.*

Streptococcus
mutans

*I help build plaque
on your teeth.*



Aliivibrio fischeri



*I produce
light when
I 'talk' to
other
bacteria.*

Mycobacterium
tuberculosis



*I cause
tuberculosis
and can resist
antibiotics.*