

## AFLATOXINS

### WHAT SHOULD CONSUMERS DO TO PREVENT AFLATOXINS POISONING? YOUR HEALTH, YOUR WEALTH, YOUR LIFE!!!



#### Good Practices to do



Consume well dried, clean, sorted and safe foodstuffs



Store food in a clean and dry environment



Process your own clean and safe food e.g. pounding groundnuts where possible



Buy foodstuffs with a quality mark



Diversify daily dietary intake and deliberately consume fruits and vegetables



#### Bad Practices to avoid



Do not consume mouldy foodstuffs



Do not purchase and consume foodstuffs from unhygienic premises



Do not store foodstuffs in a dirty, disorganized environment