

Post: Over 65, Never Eat This Cheese Category



Created by [Brittany Bunk](#) on 10-Oct-2021

 Article

 [Health & Nutrition](#)


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"In particular, experts say that there's one kind of cheese that may put you at serious [risk of food-borne illness](#) as a senior, despite being perfectly safe for those under 65."

"Seniors should avoid brie, camembert, and other soft cheeses."

"certain types of [mold-ripened cheeses](#), such as brie and camembert, can disproportionately cause [food poisoning](#) in seniors and other vulnerable groups."

"*Listeria*, *Salmonella*, and *Brucella* are just a few of the most common bacterial contaminants found in soft cheeses."

read more: <https://finance.yahoo.com/news/youre-over-65-never-eat-110204508.html>

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