UPDATES

Health notices · Sunday 18 October

3 notices from the agencies today, in plain words, each with the original linked.

Cheddar cheese recalled for possible E. coli contamination

CDC · Food safety

If you bought or ate raw mild cheddar cheese from the recalled product, you could be exposed to Escherichia coli (E. coli), including types that can cause diarrheal illness, sometimes with bloody stools.

The recall was announced on 2026-10-15 by Family Farmstead Dairy in Worcester, New York, because the cheese may be contaminated.

If you develop diarrhea or bloody stools after eating the cheese, seek medical care, especially if symptoms are severe or persist.

Read the original notice

FDA approves sitagliptin and metformin combination tablet

FDA · Approval

If you have type 2 diabetes, the US Food and Drug Administration has approved ZITUVIMET (sitagliptin and metformin hydrochloride) as an add-on to diet and exercise to improve glycemic control, also called blood sugar control.

ZITUVIMET is not recommended for type 1 diabetes. It has not been studied in people with a history of pancreatitis (inflammation of the pancreas), and it is unknown whether risk is higher with use.

Read the original notice

Kayem Foods Inc. recalls ready-to-eat meat and poultry

CDC · Food safety

If you ate ready-to-eat (RTE) meat and poultry from Kayem Foods Inc., the Centers for Disease Control and Prevention says the company is recalling some products. The recall is for items

made at its Chelsea, Massachusetts establishment.

The problem is possible temperature abuse during handling, which can affect food safety. If food is stored too warm, it may increase risk from germs that could make you ill.

What to do: follow any recall information you're given for the specific product you have. If you think you became sick after eating it, seek medical help.

What to do

Read the original notice

- Follow the recall information provided for the specific product you have.

Where this comes from

- Cheddar cheese recalled for possible E. coli contamination

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766674
- FDA approves sitagliptin and metformin combination tablet

  US Food and Drug Administration - Drugs@FDA · https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm?event=overview.process&ApplNo=216743
- Kayem Foods Inc. recalls ready-to-eat meat and poultry

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766700