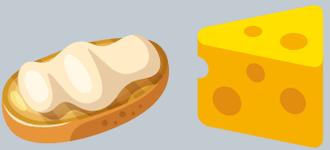


# Safety Tips *for handling and preparing common foods*

HELP  
Prevent Food  
Poisoning!

	Type of FOOD	AVOID	Better CHOICE
	<b>MEAT &amp; POULTRY</b>	Raw or undercooked meat or poultry	Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check <a href="https://www.foodsafety.gov/keep/charts/mintemp.html">https://www.foodsafety.gov/keep/charts/mintemp.html</a>
	<b>SEAFOOD</b>	Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche.	<ul style="list-style-type: none"> <li>• Seafood cooked to 145°F</li> <li>• Canned fish and seafood</li> <li>• Refrigerated smoked seafood in a cooked dish, such as a casserole</li> </ul>
	<b>DAIRY</b>	Unpasteurized (raw) milk	Pasteurized milk
	<b>EGGS</b>	Foods that contain raw or undercooked eggs, such as: <ul style="list-style-type: none"> <li>• Homemade Caesar salad dressing</li> <li>• Raw cookie dough</li> <li>• Eggnog</li> </ul>	Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs.
	<b>SPROUTS</b>	Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout	<ul style="list-style-type: none"> <li>• Cooked sprouts</li> <li>• No sprouts</li> </ul>
	<b>VEGETABLES</b>	Unwashed fresh vegetables, including lettuce and salads	<ul style="list-style-type: none"> <li>• Washed fresh vegetables, including salads</li> <li>• Cooked vegetables</li> </ul>
	<b>CHEESE</b>	Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, Camembert	<ul style="list-style-type: none"> <li>• Soft cheeses that are clearly labeled "made from pasteurized milk"</li> <li>• Processed cheeses, cream cheese, mozzarella, hard cheeses</li> </ul>



Accessible version: <http://www.cdc.gov/foodsafety/communication/foods-safety-tips.html>

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[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)