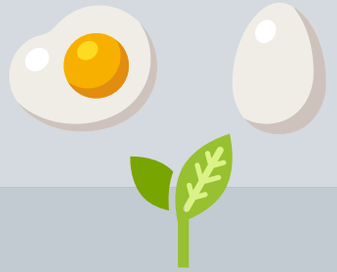
Safety Tips *for* handling and preparing common foods

HELP *Prevent* Food Poisoning!

	Type of FOOD	AVOID	Better CHOICE
	MEAT & POULTRY	Raw or undercooked meat or poultry	Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check https://www.foodsafety.gov/keep/charts/mintemp.html
	SEAFOOD	Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche.	• Seafood cooked to 145°F • Canned fish and seafood • Refrigerated smoked seafood in a cooked dish, such as a casserole
	DAIRY	Unpasteurized (raw) milk	Pasteurized milk
	EGGS	Foods that contain raw or undercooked eggs, such as: • Homemade Caesar salad dressing • Raw cookie dough • Eggnog	Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs.
	SPROUTS	Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout	• Cooked sprouts • No sprouts
	VEGETABLES	Unwashed fresh vegetables, including lettuce and salads	• Washed fresh vegetables, including salads • Cooked vegetables
	CHEESE	Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, Camembert	• Soft cheeses that are clearly labeled "made from pasteurized milk" • Processed cheeses, cream cheese, mozzarella, hard cheeses

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

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www.cdc.gov/foodsafety