

Safety Tips for handling and preparing common foods

When handling and preparing common foods, know what to avoid and how to make better choices to prevent food poisoning!

Meat & Poultry

Avoid: Raw or undercooked meat or poultry

Better choice: Meat or poultry cooked to a safe internal temperature as found on www.FoodSafety.gov. Use a food thermometer to check.

Seafood

Avoid:

- Raw or undercooked fish, shellfish, or food containing them (sashimi, ceviche, some sushi)
- Refrigerated smoked seafood

Better

- Seafood cooked to 145°F
- Canned fish and seafood
- Refrigerated smoke seafood in a cooked dish, such as a casserole

Dairy

Avoid: Unpasteurized (raw) milk

Better choice: Pasteurized milk

Eggs

Avoid: Foods that contain raw or undercooked eggs, such as:

- Homemade Caesar salad dressing
- Raw cookie dough
- Eggnog

Better choice: Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs

Sprouts

Avoid: Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout

Better choice:

- No sprouts
- Cooked sprouts

Vegetables

Avoid: Unwashed fresh vegetables, including lettuce and salads

Better choice

- Washed fresh vegetables, including salads
- Cooked vegetables

Cheese

Avoid:

Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, Camembert

Better choice:

- Soft cheeses that are clearly labeled “made from pasteurized milk”
- Processed cheeses, cream cheese, mozzarella, hard cheeses

Learn more: www.cdc.gov/foodsafety