










Safety Tips for Handling and Preparing Common Foods

Did you know that how you handle and prepare foods affects your risk for foodborne illness, sometimes called food poisoning?

Type of Food	Higher Risk	Lower Risk
Meat and Poultry 	<ul style="list-style-type: none"> Raw or undercooked meat or poultry 	<ul style="list-style-type: none"> Meat or poultry cooked to a safe minimum internal temperature
Seafood 	<ul style="list-style-type: none"> Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood e.g., sashimi, found in some sushi or ceviche. Refrigerated smoked fish Partially cooked seafood, such as shrimp and crab 	<ul style="list-style-type: none"> Previously cooked seafood heated to 165 °F Canned fish and seafood Seafood cooked to 145 °F
Milk 	<ul style="list-style-type: none"> Unpasteurized (raw) milk 	<ul style="list-style-type: none"> Pasteurized milk
Eggs 	<ul style="list-style-type: none"> Foods that contain raw, undercooked eggs, such as: homemade Caesar salad dressings*, homemade raw cookie dough*, and homemade eggnog* 	<ul style="list-style-type: none"> At home, use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs Most pre-made foods from grocery stores are made with pasteurized eggs.
Sprouts 	<ul style="list-style-type: none"> Raw sprouts (alfalfa, bean, or any other sprout) 	<ul style="list-style-type: none"> Cooked sprouts No sprouts
Vegetables 	<ul style="list-style-type: none"> Unwashed fresh vegetables, including lettuce/salads 	<ul style="list-style-type: none"> Washed fresh vegetables, including salads Cooked vegetables
Cheese 	<ul style="list-style-type: none"> Soft cheeses made from unpasteurized (raw) milk, such as: <ul style="list-style-type: none"> - Queso fresco - Blue-veined - Feta - Brie - Camembert 	<ul style="list-style-type: none"> Soft cheeses that are clearly labeled "made from pasteurized milk" Processed cheeses Cream cheese Mozzarella Hard cheeses
Hot Dogs and Deli Meats 	<ul style="list-style-type: none"> Hot dogs, deli meats, and luncheon meats that have not been reheated 	<ul style="list-style-type: none"> Hot dogs, luncheon meats, and deli meats reheated to steaming hot or 165 °F
Pâtés 	<ul style="list-style-type: none"> Unpasteurized, refrigerated pâtés or meat spreads 	<ul style="list-style-type: none"> Canned or shelf-stable pâtés or meat spreads

Tip: Use a food thermometer to check the internal temperature. See the "Is It Done Yet?" brochure for specific safe minimum internal temperature.

Tip: When eating out, ask if pasteurized eggs were used.

Tip: Reheat hot dogs, deli meats, and luncheon meats before eating them to destroy Listeria that grows at refrigerated temperatures (40 °F or below). This bacteria may cause severe illness, hospitalization, or even death.