

Don't Eat These

Soft CHEESES made from unpasteurized milk, including Brie, feta, Camembert, Roquefort, queso blanco, and queso fresco

Why

May contain E. coli or Listeria.

Do this instead

Eat hard cheeses, such as cheddar or Swiss. Or, check the label and make sure that the cheese is made from pasteurized milk.

Raw COOKIE DOUGH or CAKE BATTER

May contain Salmonella.

Bake the cookies or cake. Don't lick the spoon!

Certain kinds of FISH, such as shark, swordfish, king mackerel, orange roughy, ahi tuna, bigeye tuna, marlin and tilefish from the Gulf of Mexico (golden or white snapper)

Contains high levels of mercury.

Each week eat at least 8 to 12 ounces fish and shellfish that are lower in mercury, such as shrimp, salmon, pollock, and catfish. Limit consumption of albacore (white) tuna to 6 ounces per week.

Raw or undercooked FISH (sushi)

May contain parasites or bacteria.

Cook fish to 145° F.

Unpasteurized JUICE or cider (including fresh squeezed)

May contain E. coli.

Drink pasteurized juice. Bring unpasteurized juice or cider to a rolling boil and boil for at least 1 minute before drinking.

Unpasteurized MILK

May contain bacteria such as Campylobacter, E. coli, Listeria, or Salmonella.

Drink pasteurized milk.

SALADS made in a store, such as ham salad, chicken salad, and seafood salad.

May contain Listeria.

Make salads at home, following the food safety basics: clean, separate, cook, and chill.

Raw SHELLFISH, such as oysters and clams

May contain Vibrio bacteria.

Cook shellfish to 145° F.

Raw or undercooked SPROUTS, such as alfalfa, clover, mung bean, and radish

May contain E. coli or Salmonella.

Cook sprouts thoroughly.

Be Careful of these

Hot dogs, luncheon meats, cold cuts, fermented or dry sausage, hummus, and other deli-style meat and poultry

Why

May contain Listeria.

What to do

Even if the label says that the meat is precooked, reheat these meats to steaming hot or 165° F before eating.

Eggs and pasteurized egg products

Undercooked eggs may contain Salmonella.

Cook eggs until yolks are firm. Cook casseroles and other dishes containing eggs or egg products to 160° F.

Eggnog

Homemade eggnog may contain uncooked eggs, which may contain Salmonella.

Make eggnog with a pasteurized egg product or buy pasteurized eggnog. When you make eggnog or other egg- beverages, cook to 160°F

Fish

May contain parasites or bacteria.

Cook fish to 145° F.

Ice cream

Homemade ice cream may contain uncooked eggs, which may contain Salmonella.

Make ice cream with a pasteurized egg product.

Meat: Beef, veal, lamb, and pork (including ground meat)

Undercooked meat may contain E. coli.

Cook beef, veal, and lamb steaks and roasts to 145° F. Cook pork to 160° F. Cook all ground meats to 160° F.

Meat spread or pâté

Unpasteurized pâté or meat spreads may contain Listeria.

Eat canned versions, which are safe.

Poultry and stuffing (including ground poultry)

Undercooked meat may contain bacteria such as Campylobacter or Salmonella.

Cook poultry to 165° F. If the poultry is stuffed, cook the stuffing to 165° F. Better yet, cook the stuffing separately.

Smoked seafood

Refrigerated versions are not safe, unless cooked to 165° F.

Eat canned versions, which are safe, or cook to 165° F.