## Select Safer Alternatives to High Risk Foods

<table>
<thead>
<tr>
<th>Type of Food</th>
<th>High Risk</th>
<th>Lower Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat and Poultry</td>
<td>Raw or undercooked meat or poultry</td>
<td>Meat or poultry cooked to a safe minimum internal temperature</td>
</tr>
</tbody>
</table>
| Seafood       | • Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood (e.g., sashimi, sushi, or ceviche)  
• Cold smoked fish or products containing cold smoked fish | • Previously cooked seafood heated to 165°F  
• Canned fish and seafood  
• Seafood cooked to 145°F  
• Fish, Smoked fish and seafood casserole heated to 165°F |
| Milk          | • Unpasteurized (raw) milk                                                | • Pasteurized milk                                                        |
| Eggs          | Foods that contain raw/undercooked eggs, such as:  
• Homemade Caesar salad dressings  
• Homemade raw cookie dough  
• Homemade eggnog  
• Homemade mayonnaise | Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs |
| Sprouts       | Raw sprouts (alfalfa, bean, or any other sprout)                          | Cooked sprouts                                                            |
| Vegetables    | Unwashed fresh vegetables, including lettuce/salads                       | • Washed fresh vegetables, including salads  
• Cooked vegetables         |
| Cheese        | Soft cheeses made from unpasteurized (raw) milk, such as:  
• Feta, Brie  
• Camembert  
• Blue-veined  
• Queso fresco | • Hard cheeses  
• Processed cheeses  
• Cream cheese  
• Mozzarella  
• Soft cheeses that are clearly labeled "made from pasteurized milk" |
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<tbody>
<tr>
<td>Hot Dogs and Deli Meats</td>
<td>Hot dogs, deli and luncheon meats that have not been reheated</td>
<td>Reheat hot dogs, luncheon meats, and deli meats to steaming hot or 165°F</td>
</tr>
<tr>
<td>Pâtés</td>
<td>Unpasteurized and/or refrigerated pâtés or meat spreads</td>
<td>Canned or shelf-stable pâtés or meat spreads</td>
</tr>
</tbody>
</table>

Date Last Reviewed August 20, 2020