## 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><strong>Meat and Poultry</strong></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