

Selecting Safer Alternatives

| Type of Food | High Risk | Lower Risk |
|------------------|---|--|
| Meat and Poultry | Raw or undercooked meat or poultry | 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, sushi, or ceviche) Cold smoked fish or products containing cold smoked fish | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Unpasteurized (raw) milk | <ul style="list-style-type: none"> Pasteurized milk |
| Eggs | <p>Foods that contain raw/undercooked eggs, such as:</p> <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Washed fresh vegetables, including salads Cooked vegetables |
| Cheese | <p>Soft cheeses made from unpasteurized (raw) milk, such as:</p> <ul style="list-style-type: none"> Feta, Brie Camembert Blue-veined | <ul style="list-style-type: none"> Hard cheeses Processed cheeses Cream cheese Mozzarella Soft cheeses that are clearly labeled "made from pasteurized milk" |

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| | <ul style="list-style-type: none"> • Queso fresco | |
| Hot Dogs and Deli Meats | Hot dogs, deli and luncheon meats that have not been reheated | Reheat hot dogs, luncheon meats, and deli meats to steaming hot or 165°F |
| Pâtés | Unpasteurized and/or refrigerated pâtés or meat spreads | Canned or shelf-stable pâtés or meat spreads |