

## Select Safer Alternatives to High Risk Foods

Type of Food	High Risk	Lower Risk
<b>Meat and Poultry</b>	Raw or undercooked meat or poultry	Meat or poultry cooked to a <a href="#">safe minimum internal temperature</a>
<b>Seafood</b>	<ul style="list-style-type: none"> <li>Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood (e.g., sashimi, sushi, or ceviche)</li> <li>Cold smoked fish or products containing cold smoked fish</li> </ul>	<ul style="list-style-type: none"> <li>Previously cooked seafood heated to 165°F</li> <li>Canned fish and seafood</li> <li>Seafood cooked to 145°F</li> <li>Fish, Smoked fish and seafood casserole heated to 165°F</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>Unpasteurized (raw) milk</li> </ul>	<ul style="list-style-type: none"> <li>Pasteurized milk</li> </ul>
<b>Eggs</b>	<p>Foods that contain raw/undercooked eggs, such as:</p> <ul style="list-style-type: none"> <li>Homemade Caesar salad dressings</li> <li>Homemade raw cookie dough</li> <li>Homemade eggnog</li> <li>Homemade mayonnaise</li> </ul>	Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs
<b>Sprouts</b>	Raw sprouts (alfalfa, bean, or any other sprout)	Cooked sprouts
<b>Vegetables</b>	Unwashed fresh vegetables, including lettuce/salads	<ul style="list-style-type: none"> <li>Washed fresh vegetables, including salads</li> <li>Cooked vegetables</li> </ul>
<b>Cheese</b>	<p>Soft cheeses made from unpasteurized (raw) milk, such as:</p> <ul style="list-style-type: none"> <li>Feta, Brie</li> <li>Camembert</li> <li>Blue-veined</li> </ul>	<ul style="list-style-type: none"> <li>Hard cheeses</li> <li>Processed cheeses</li> <li>Cream cheese</li> <li>Mozzarella</li> <li>Soft cheeses that are clearly labeled "made from pasteurized milk"</li> </ul>

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	<ul style="list-style-type: none"> <li>• Queso fresco</li> </ul>	
<b>Hot Dogs and Deli Meats</b>	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
<b>Pâtés</b>	Unpasteurized and/or refrigerated pâtés or meat spreads	Canned or shelf-stable pâtés or meat spreads

Date Last Reviewed August 20, 2020