

# POTENTIALLY HAZARDOUS FOODS

Type of Food	Higher risk	Lower risk
<b>Meat and Poultry</b>	<ul style="list-style-type: none"> <li>Raw or undercooked meat or poultry</li> </ul>	<ul style="list-style-type: none"> <li>Meat or poultry cooked to a safe minimum internal temperature</li> </ul>
<i>Tip: Use a food thermometer to check the internal temperature.</i>		
<b>Seafood</b>	<ul style="list-style-type: none"> <li>Any raw or undercooked fish, e.g. sushi or ceviche</li> <li>Refrigerated smoked fish</li> <li>Precooked seafood, such as shrimp and crab</li> </ul>	<ul style="list-style-type: none"> <li>Smoked fish and precooked seafood heated to 165° F</li> <li>Canned fish and seafood</li> <li>Seafood cooked to 145°F</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>Unpasteurized milk</li> </ul>	<ul style="list-style-type: none"> <li>Pasteurized milk</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>Foods that contain raw/undercooked eggs, such as:                             <ul style="list-style-type: none"> <li>Caesar salad dressings*</li> <li>Homemade raw cookie dough*</li> <li>Homemade eggnog*</li> </ul> </li> </ul>	<p><i>At home:</i></p> <ul style="list-style-type: none"> <li>Use pasteurized eggs/egg products when preparing recipes that call for raw or undercooked eggs</li> </ul> <p><i>When eating out:</i></p> <ul style="list-style-type: none"> <li>Ask if pasteurized eggs were used</li> </ul>
<i>* Most pre-made foods from grocery stores, such as Caesar dressing, pre-made cookies dough, or packaged eggnog are made with pasteurized eggs.</i>		
<b>Sprouts</b>	<ul style="list-style-type: none"> <li>Raw sprouts (alfalfa, bean, or any other sprout)</li> </ul>	<ul style="list-style-type: none"> <li>Cooked sprouts</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Unwashed fresh vegetables, including lettuce/salads</li> </ul>	<ul style="list-style-type: none"> <li>Washed fresh vegetables, including salads</li> </ul>
<b>Cheese</b>	<p>Soft cheeses made from unpasteurized milk, such as:</p> <ul style="list-style-type: none"> <li>Feta</li> <li>Brie</li> <li>Camembert</li> <li>Blue-veined Cheese</li> <li>Queso fresco</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>
<b>Hot Dogs and Deli Meats</b>	<ul style="list-style-type: none"> <li>Hot dogs, deli meats, and luncheon meats that have not been reheated</li> </ul>	<ul style="list-style-type: none"> <li>Hot dogs, luncheon meats, and deli meats reheated to steaming hot or 165° F</li> </ul>
<i>Tip: You need to reheat hot dogs, deli meats, and luncheon meats before eating them because the bacteria Listeria monocytogenes grows at refrigerated temperatures. These bacteria may cause severe illness, hospitalization, or even death. Reheating these foods destroys these dangerous bacteria, making these foods safe for you to eat.</i>		
<b>Pâtés</b>	<ul style="list-style-type: none"> <li>Unpasteurized, refrigerated pâtés or meat spreads</li> </ul>	<ul style="list-style-type: none"> <li>Canned pâtés or meat spreads</li> </ul>