

Don't let your food make you sick: Foods to Choose

Food safety tips for those at increased risk of food-borne illness

Food	Choose	Do not eat or drink
Fruits and vegetables	<ul style="list-style-type: none"> • Pasteurized juices • Fresh fruits/vegetables with no bruises, cuts, or mold • Frozen fruits/vegetables (except berries) • Cooked, pasteurized, or canned berries • Cooked vegetable or bean sprouts • Cooked or canned fruits or vegetables • Well-scrubbed produce Use a vegetable brush for rough surfaces like melon skins • Produce washed right before consuming (to reduce risk of mold) • Pre-washed, bagged greens that are well -refrigerated, consumed before the expiration date, and free of off odors and wilted leaves 	<ul style="list-style-type: none"> • Unpasteurized juices • Pre-cut, damaged or loose pieces of fruit (such as grapes off the stem) • All raw and frozen berries (they are hard to clean and get moldy quickly) • All raw vegetable sprouts and bean sprouts <p>Avoid when eating out:</p> <ul style="list-style-type: none"> • Buffet-style salad bars • Deli salads such as fruit, potato, egg or pasta salad made with raw fruit or vegetables • Salsas (unless pasteurized) • Raw fruits or vegetables (since you can't be sure of safe food handling) • Baked potatoes wrapped in foil— unless served very hot, right after being cooked. • Potatoes baked in foil that are not eaten immediately should be removed from the foil and stored in the refrigerator.
Nuts	<ul style="list-style-type: none"> • Commercially packaged nut butters (peanut, almond, cashew, soy) • Commercially packaged, roasted nuts • Almonds (all types are pasteurized now) 	<ul style="list-style-type: none"> • Freshly ground nut butters • Nuts in the shell (because of mold risk) • Unroasted nuts sold in bulk from bins

Food	Choose	Do not eat or drink
Meat, fish, poultry, soy	<ul style="list-style-type: none"> • Pasteurized or boiled tofu • Meats cooked to these temperatures: (Insert thermometer into thickest part.) <ul style="list-style-type: none"> • Poultry 165° F • Ground meat (like hamburger) 160° F • Steaks and roasts 145° F • Egg dishes 160° F • Fish and Shellfish 145° F (firm, opaque flesh, flakes easily) • Luncheon meats heated to 165° F • Well-done meat, cooked to order, served hot 	<ul style="list-style-type: none"> • Uncooked tofu (unless pasteurized) • Miso, tempeh and/or other fermented soy product • Raw or undercooked meat or fish, including: smoked salmon (lox), sushi, raw oysters, “Ahi” Tuna, sashimi (raw fish) <p>When eating out avoid:</p> <ul style="list-style-type: none"> • Meat prepared: <ul style="list-style-type: none"> “Rare” “Seared” “Cured” • Luncheon meats (unless heated to 165°F) • Items kept warm under heat lamps
Milk, cheese, yogurt	<ul style="list-style-type: none"> • Pasteurized milk • Cheese made from pasteurized milk • Yogurt made from pasteurized milk 	<ul style="list-style-type: none"> • Raw milk or yogurt made with raw milk • Cheese made from raw milk • Cheese with herbs or other added ingredients (dill, peppers) • Cheese with mold (such as blue cheese) • Unpasteurized cheese (Look for pasteurized versions of cheeses such as feta, brie.)
Eggs	<ul style="list-style-type: none"> • Well-cooked eggs (hard-boiled, scrambled) • Pasteurized shell eggs (sold in cartons next to regular eggs; can be used to safely prepare softer-style eggs) • Pasteurized liquid egg products (such as low cholesterol eggs, egg whites) 	<ul style="list-style-type: none"> • Eggs “over easy,” soft poached, soft boiled or “sunny side up”(unless pasteurized shell eggs are used) • Raw eggs or products made with raw eggs such as salad dressings, protein shakes and raw dough. Use pasteurized egg products for these foods instead.

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