

Select Safer Alternatives to High Risk Foods

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 Queso fresco 	<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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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

Date Last Reviewed August 20, 2020