



MAKING FOOD SAFE CHOICES WHILE EATING OUT

EVERYDAY FOOD SAFETY

July 2018

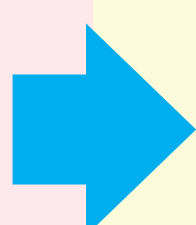
Some foods eaten away from home are safer than others. Here's what to watch out for and some options to consider instead.

HIGH-RISK FOODS

SAFER CHOICES



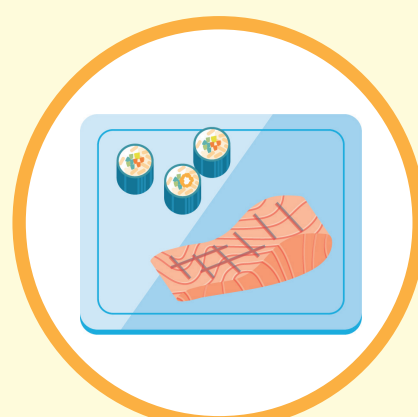
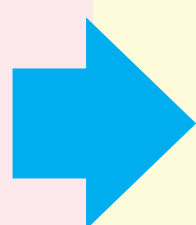
Rare steaks or burgers, underdone poultry or beef



Well-done beef, chicken cooked to white, and turkey with clear juices*



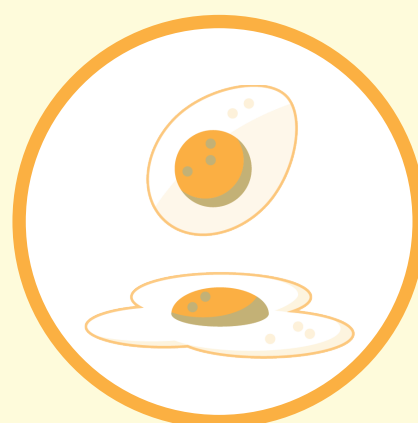
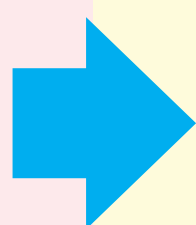
Sushi, sashimi, ceviche, and poke bowls



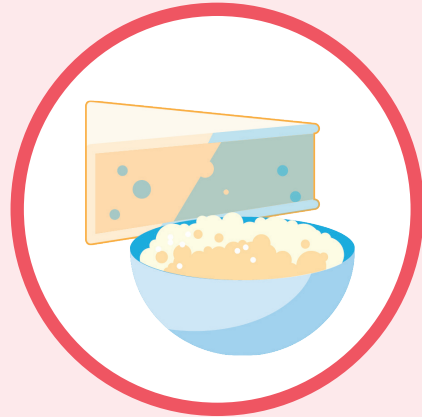
Vegetable or tempura rolls, seafood baked or grilled until opaque and flaking



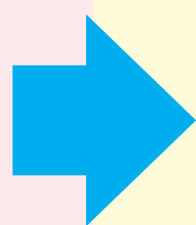
Soft-boiled, over easy, or runny eggs



Eggs with firm yolks and whites



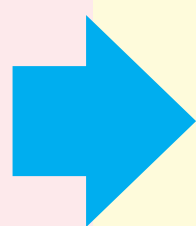
Unpasteurized soft cheese such as brie, camembert, feta, and queso fresco



Pasteurized cheese



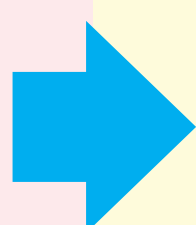
Wilted, brown, or unwashed produce



Crisp, fresh vegetables or made-to-order salads



Fresh squeezed, unpasteurized juice or apple cider



Pasteurized bottled or processed juice

*To ensure food safety, ask that burgers be cooked to 160°F, seafood to 145°F, steaks and roasts to 145°F with a 3-minute rest time, and chicken and turkey to 165°F.