<table>
<thead>
<tr>
<th>Type of FOOD</th>
<th>AVOID</th>
<th>Better CHOICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAT &amp; POULTRY</td>
<td>Raw or undercooked meat or poultry</td>
<td>Meat or poultry cooked to a safe internal temperature. Use a food thermometer to check <a href="https://www.foodsafety.gov/keep/charts/mintemp.html">https://www.foodsafety.gov/keep/charts/mintemp.html</a></td>
</tr>
</tbody>
</table>
| SEAFOOD      | Raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche. | • Seafood cooked to 145°F  
• Canned fish and seafood  
• Refrigerated smoked seafood in a cooked dish, such as a casserole |
| DAIRY        | Unpasteurized (raw) milk                                               | Pasteurized milk                                                             |
| EGGS         | Foods that contain raw or undercooked eggs, such as:  
• Homemade Caesar salad dressing  
• Raw cookie dough  
• Eggnog                                                                 | Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs. |
| SPROUTS      | Raw or undercooked sprouts, such as alfalfa, bean, or any other sprout | • Cooked sprouts  
• No sprouts                                                             |
| VEGETABLES   | Unwashed fresh vegetables, including lettuce and salads                | • Washed fresh vegetables, including salads  
• Cooked vegetables                                                      |
| CHEESE       | Soft cheeses made from unpasteurized (raw) milk, such as queso fresco, blue-veined, feta, Brie, Camembert | • Soft cheeses that are clearly labeled “made from pasteurized milk”  
• Processed cheeses, cream cheese, mozzarella, hard cheeses |