

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 (74°C) Canned fish and seafood Seafood cooked to 145°F (63°C) Fish, Smoked fish and seafood casserole heated to 165°F (74°C)
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	<ul style="list-style-type: none"> Any type of cheese when made with (raw) unpasteurized milk Any unheated queso fresco-type cheeses, when made with pasteurized or 	<ul style="list-style-type: none"> Hard cheeses, when made with pasteurized milk, such as Asiago, Cheddar, Parmesan, or Swiss/Gruyere/Emment al Cottage cheese, cream

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	unpasteurized (raw) milk, or similar fresh, soft cheeses such as queso blanco and requesón	cheese, string cheese, feta, and mozzarella, when made with pasteurized milk <ul style="list-style-type: none"> • Heated queso fresco-type cheeses or heated unpasteurized (raw) milk cheeses, when heated to 165°F or steaming hot
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 (74°C)
Pâtés	Unpasteurized and/or refrigerated pâtés or meat spreads	Canned or shelf-stable pâtés or meat spreads

Date Last Reviewed August 14, 2025