FoodSafety.gov

# 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** | • Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood (e.g., sashimi, sushi, or ceviche)<br>• Cold smoked fish or products containing cold smoked fish | • Previously cooked seafood heated to 165°F (74°C)<br>• Canned fish and seafood<br>• Seafood cooked to 145°F (63°C)<br>• Fish, Smoked fish and seafood casserole heated to 165°F (74°C) |
| **Milk** | • Unpasteurized (raw) milk | • Pasteurized milk |
| **Eggs** | Foods that contain raw/undercooked eggs, such as:<br>• Homemade Caesar salad dressings<br>• Homemade raw cookie dough<br>• Homemade eggnog<br>• 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 | • Washed fresh vegetables, including salads<br>• Cooked vegetables |
| **Cheese** | Soft cheeses made from unpasteurized (raw) milk, such as:<br>• Feta, Brie<br>• Camembert<br>• Blue-veined | • Hard cheeses<br>• Processed cheeses<br>• Cream cheese<br>• Mozzarella<br>• Soft cheeses that are clearly labeled "made from pasteurized milk" |

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| | • Queso fresco | |
| **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 |

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