**Food Safety While Traveling Abroad**

**Avoid raw fruits and vegetables.** This includes salads and uncooked vegetables. These may be contaminated or may have been rinsed with unsafe water. Eat only food that has been cooked and is still hot, or fruit that you know has been washed in safe water and you have peeled yourself.

**Other foods to avoid**:

* Raw or undercooked meat, poultry, seafood, and eggs
* Unpasteurized milk and milk products, especially soft cheeses
* Prepared food that has been left unrefrigerated for several hours, especially food containing meat, poultry, eggs, and dairy products
* Food prepared by street vendors

**Eat safe foods.**

* Thoroughly cooked fruits and vegetables
* Fruits with a thick covering (citrus fruits, bananas, and melons) that have been washed in safe water and that you peel yourself
* Thoroughly cooked meat, poultry, eggs, and fish
* Dairy products from large commercial dairies, such as ultra-pasteurized (shelf-ready) milk or hard cheeses