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**

- Rare steaks or burgers, underdone poultry or beef
- Sushi, sashimi, ceviche, and poke bowls
- Soft-boiled, over easy, or runny eggs
- Unpasteurized soft cheese such as brie, camembert, feta, and queso fresco
- Wilted, brown, or unwashed produce
- Soft-boiled, over easy, or runny eggs
- Soft-boiled, over easy, or runny eggs

**SAFER CHOICES**

- Well-done beef, chicken cooked to white, and turkey with clear juices*
- Vegetable or tempura rolls, seafood baked or grilled until opaque and flaking
- Eggs with firm yolks and whites
- Pasteurized cheese
- Crisp, fresh vegetables or made-to-order salads
- Pasteurized bottled or processed juice
- Soft-boiled, over easy, or runny eggs

*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.