

## **Food Precautions**

While it may not be possible to avoid diarrhea in certain high-risk destinations even with the strictest adherence to preventive measures, the risk can be minimized by following the guidelines below:

### **DO**

- Eat at establishments that are known to cater to foreigners or that are specifically known by other foreigners to be safe.
- Eat foods that are well-cooked and served steaming hot.
- Eat breads, tortillas, crackers, biscuits, and other baked goods.
- Eat fruits, nuts, and vegetables with thick skins, peels, or shells that you remove yourself.
- Eat canned foods.
- Always wash your hands with soap before eating and after using the toilet.
- REMEMBER:

**Boil it,  
Cook it,  
Peel it,  
or Forget it!**

### **DON'T**

- Eat any food from street vendors or market stalls.
- Eat leafy or uncooked vegetables and salads. Some organisms in soil and water are not destroyed by normal cleaning methods.
- Eat undercooked, raw, or cold meat, seafood, and fish.
- Eat large carnivorous fish, especially from reef areas - many contain concentrated toxins.
- Eat or drink unpasteurized dairy products such as cheese, yogurt, and milk.
- Eat ice cream and other frozen confections that may have been made or stored in contaminated containers.
- Eat cold sauces such as mayonnaise, salad dressing, chutneys, or salsas, which are usually raw and made by hand.
- Eat buffet foods such as lasagna, casseroles, and quiches unless you know they are fresh (not reheated) and have been kept steaming hot. Avoid buffets where there are no food covers or fly controls.
- Eat creamy desserts, custards, or sauces that may not have been adequately refrigerated.