

# Food and Beverage Selection

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Care in selecting food and beverages for consumption will help to minimize the risk of food and water borne illness including traveler's diarrhea. Foods that are freshly cooked and served piping hot are safer than foods that may have been sitting for some time in the kitchen or in a buffet. Baked foods are also considered safe. Care should be taken to avoid beverages made with tap water (reconstituted fruit juices, ice, and milk) and foods washed in tap water, such as salads and fresh fruits/vegetables. Other risky foods include raw or undercooked meat and seafood, and dairy products that may not have been pasteurized. Safe beverages include those that are bottled and sealed, or carbonated. Make sure you open the bottle or can yourself so you can make sure that it was sealed. Use straws if available or wash/rinse bottles/cans with safe water. Use straws if available. Boiled beverages and those appropriately treated with iodine or chlorine may also be safely consumed.

## Safe:

- Hot foods
- Baked goods (tortillas, crackers, biscuits, breads)
- Fruits and vegetables that are cooked or have thick skins that you peel yourself (after washing in safe water), e.g. banana, citrus
- Canned foods

## Not safe:

- Food from street vendors/market stalls
- Salads and uncooked vegetables
- Undercooked/raw or cold meats, seafood, fish
- Large carnivorous fish (barracuda, grouper, moray eel, amberjack, sea bass, or sturgeon. omnivorous and herbivorous fish such as parrot fish, surgeon fish, and red snapper)
- Unpasteurized dairy products including ice cream
- Cold sauces: mayonnaise, salad dressing, salsas, chutneys
- Buffet foods that are not fresh/steaming (also avoid if no food covers or fly controls)
- Creamy desserts, custards, puddings



Marquette University Medical Clinic  
Schroeder Complex, Lower Level  
545 North 15th Street  
Milwaukee, WI 53233  
(414) 288-7184  
(414) 288-1664 (FAX)  
[www.marquette.edu/medical-clinic](http://www.marquette.edu/medical-clinic)