

FOOD & BEVERAGE SAFETY FOR THE INTERNATIONAL TRAVELER

What's Safer & What's Not

Unclean food and water can cause travelers' diarrhea and other diseases. Travelers to developing countries are especially at risk. In otherwise healthy adults, diarrhea is rarely serious or life-threatening, but it can certainly make for an unpleasant trip. Take steps to avoid diarrhea when you travel.

TRAVELERS' HEALTH
TRAVEL SAFE. TRAVEL SMART.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



Water, sodas, or sports drinks that are bottled and sealed (carbonated is safer)

Hot coffee or tea

Hard-cooked eggs

Food from a factory sealed package or container

Pasteurized dairy products like milk

"Dry" foods like bread or crackers

Meat that is cooked all the way through

Fruits and vegetables you have washed in clean water or peeled yourself

Food that is cooked and served hot

Water or ice made from the tap or a well

Unpasteurized dairy products

Fountain drinks

Food served at room temperature

Raw or undercooked (rare) meat or fish

Unwashed or unpeeled raw fruits and vegetables

Flavored ice or ice pops

Food from street vendors

"Bushmeat" (monkeys, bats, or other wild game)

Salads

Raw or soft-cooked (runny) eggs