FOOD & BEVERAGE SAFETY FOR THE INTERNATIONAL TRAVELER

What's Safer & What's Not

TRAVELERS' HEALTH
TRAVEL SAFE. TRAVEL SMART.

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.

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)

Pasteurized dairy products like milk

"Dry" foods like bread or crackers

Hot coffee or tea

Hard-cooked eggs

Food that is cooked and served hot

Meat that is cooked all the way through

Food from a factory sealed package or container

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

Fountain drinks

Water or ice made from the tap or a well

Unpasteurized dairy products

Flavored ice or ice pops

Food from street vendors

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

Food served at room temperature

Raw or undercooked (rare) meat or fish

Raw or soft-cooked (runny) eggs

Unwashed or unpeeled raw fruits and vegetables

Salads