

# A Traveler's Guide to Finding

# Safe Food & Water

Travelling outside of the country? Foodborne illnesses are the quickest way to ruin a trip. Follow these **simple tips** for staying safe as you travel (and eat)!

**Safe** ✓

## Meats

**Risky** ✗

**Steak**

Cooked through



**Beef jerky**

Dry or packaged

**Steaming Hot**

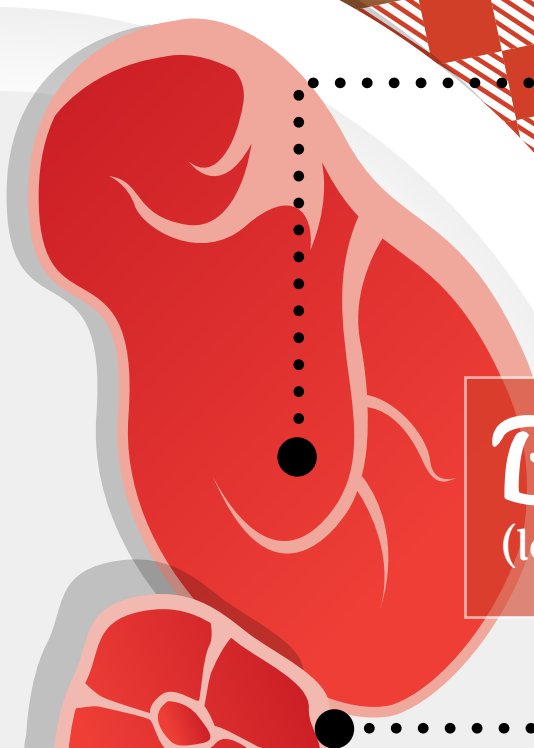


**Street Vendor**

To decrease your risk, make sure you eat food that's straight off the grill.

**Steak Rare**

Raw or undercooked



**Bushmeat**

(local wild game)



**Meat at a buffet counter**

Served at room temperature  
Avoid buffets!

## Dairy

**Pasteurized**

Milk

Cheese

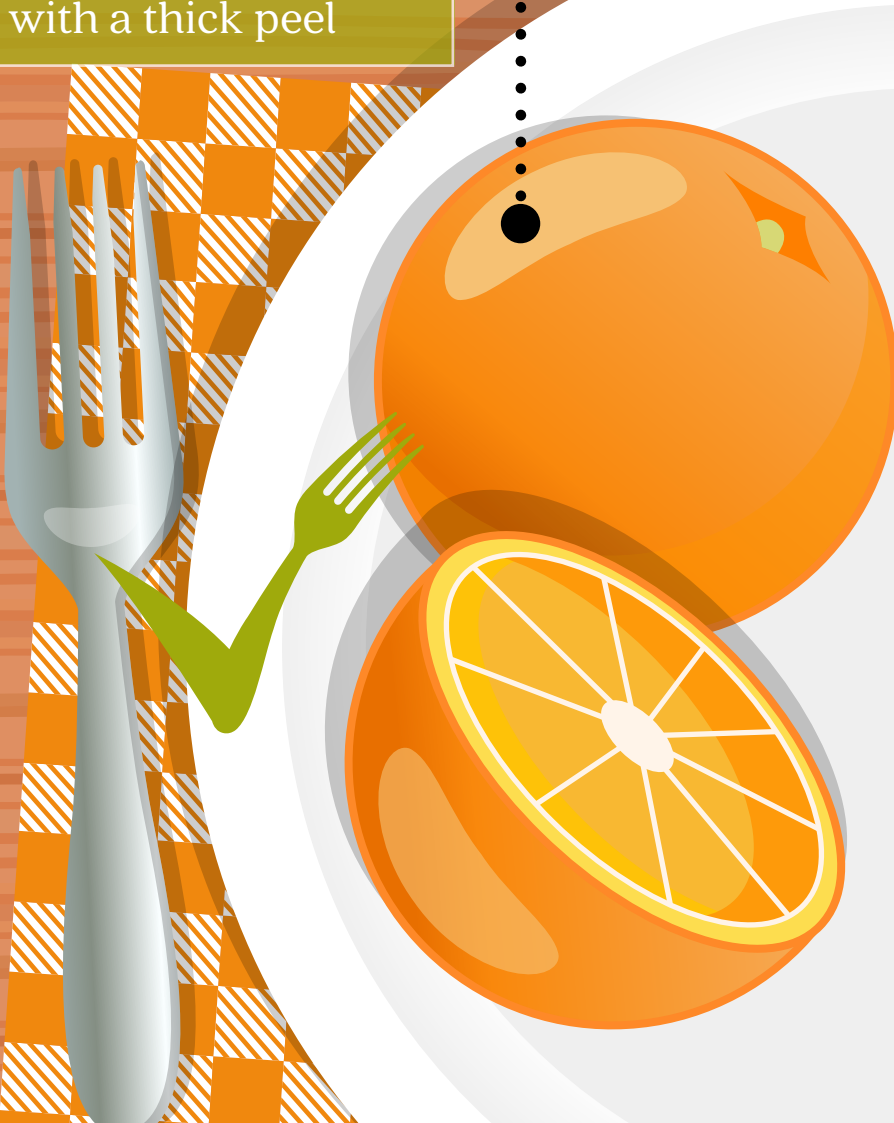
**Unpasteurized**

Drinking or eating unpasteurized dairy is 150 times more likely to cause a foodborne illness than pasteurized.

## Produce

**Fruits**

with a thick peel



**Salsa**

Raw vegetables



**Hands Washing Produce**

Washing yourself with clean water



**Leafy Greens**

Leafy greens have microorganisms that can be hard to wash off.

## Water

**Bottled**

and preferably carbonated

Some bottled water is tampered with; carbonated water is guaranteed to be factory-sealed.

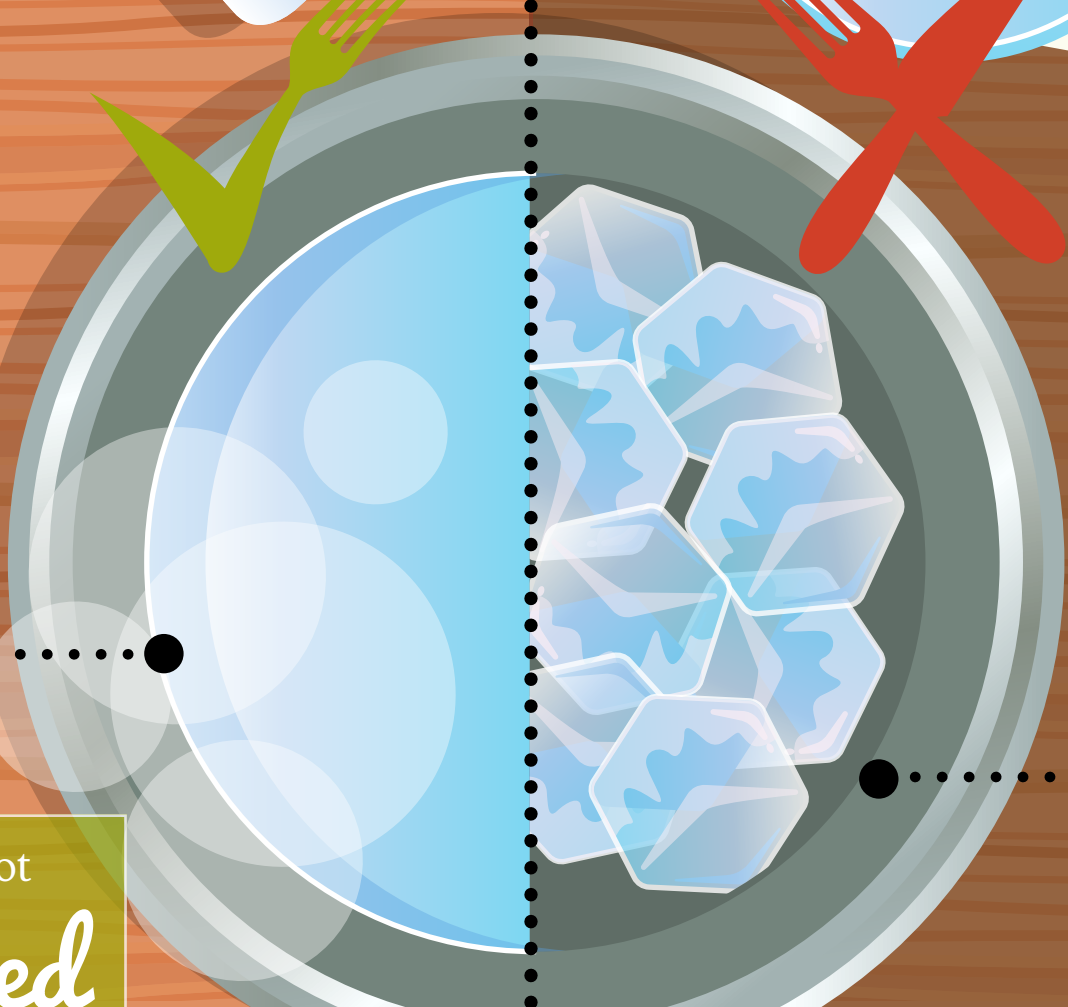
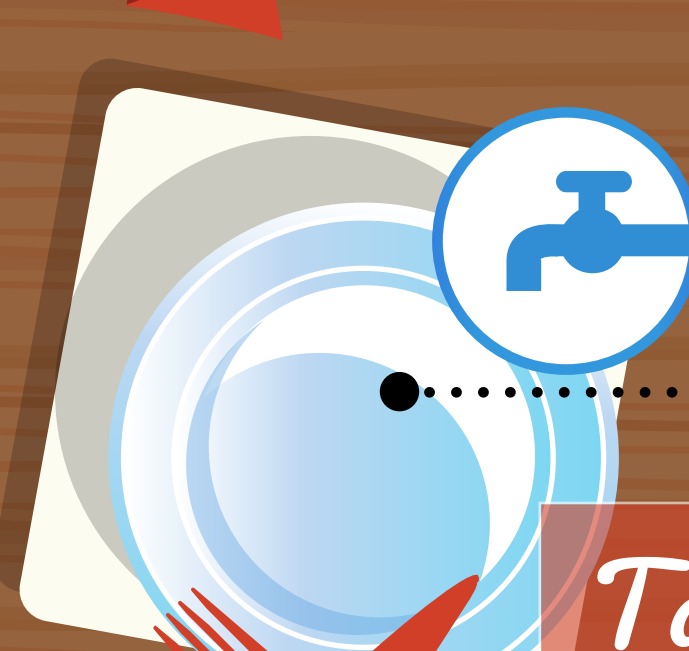
water boiling in a pot

**Disinfected**

**Tap Water**

**Ice**

that could be made with tap or well water



## Sources:

<https://wwwnc.cdc.gov/travel/page/food-water-safety>

[http://www.huffingtonpost.com/smartertravel/10-foods-you-should-never\\_b\\_7119428.html](http://www.huffingtonpost.com/smartertravel/10-foods-you-should-never_b_7119428.html)