

VEGETABLES



Fresh Vegetables

- You can eat fresh vegetables if they are **washed well** and **cooked completely**.

Frozen Vegetables

- You can eat frozen vegetables if they are **cooked completely**.

Canned Vegetables

- You can eat canned vegetables. You do not have to clean or cook canned vegetables.

Vegetable Drinks

- You can drink vegetable drinks if they are pasteurized.

FOOD SAFETY

- ✓ Always check expiration dates before opening frozen or canned vegetables or vegetable juices.
- ✓ Vegetable cans, boxes, and bags should have no rips, dents, or leaks.
- ✓ Wash bags, boxes, and cans before opening frozen or canned vegetables or vegetable juices.
- ✓ Clean the can opener before using it.
- ✓ Do not eat food prepared at friends' or family's house. Do not eat out or eat takeout.

VEGETABLES

VEGETABLES	Is it safe?	
	Raw	Cooked
Artichokes	no	yes
Asparagus	no	yes
Avocado	no	yes
Bean sprouts	no	yes
Beets	no	yes
Black beans	no	yes
Black-eyed peas	no	yes
Bok choy	no	yes
Broccoli	no	yes
Brussels sprouts	no	yes
Cabbage	no	yes
Carrots	no	yes
Cassava	no	yes
Cauliflower	no	yes
Celery	no	yes
Chick peas	no	yes
Chickpeas	no	yes
Collard greens	no	yes
Corn	no	yes
Cow peas	no	yes
Cucumbers	no	yes
Eggplant	no	yes
Field peas	no	yes
Garbanzo beans	no	yes
Green beans	no	yes
Green lima beans	no	yes
Green peas	no	yes
Green peppers	no	yes
Kale	no	yes
Kidney beans	no	yes
Lentils	no	yes
Lettuce	no	yes
Lima beans	no	yes
Mesclun	no	yes

FRESH VEGETABLES	Is it safe?	
	Raw	Cooked
Mushrooms	no	yes
Mustard greens	no	yes
Navy beans	no	yes
Okra	no	yes
Onions	no	yes
Pinto beans	no	yes
Plantains	no	yes
Potatoes	no	yes
Pumpkin	no	yes
Red peppers	no	yes
Soy beans	no	yes
Spinach	no	yes
Split peas	no	yes
Squash	no	yes
Sweet potatoes	no	yes
Taro	no	yes
Tomatoes	no	yes
Turnip greens	no	yes
Turnips	no	yes
Water chestnuts	no	yes
Watercress	no	yes
Wax beans	no	yes
Yellow beans	no	yes
White beans	no	yes
Zucchini	no	yes

FRUITS



Do NOT Eat

- Grapefruit or grapefruit juice
- Seville oranges or marmalade made with Seville oranges

Fresh Fruits

- You can eat fresh fruits if they are **washed well** and **cooked completely**.
- You can eat thick skinned fruits if they are washed well. You do not have to cook thick skinned fruits.

Frozen Fruits

- You can eat frozen fruits as long as they are **cooked completely**.

Canned Fruits

- You can eat canned fruit. You do not have to wash or cook canned fruits.

Fruit Cups

- You can eat fruit cups packaged and pasteurized at the factory. You do not have to wash or cook fruit cups packed at the factory.

Fruit Drinks

- You can drink fruit drinks if they are pasteurized.

FOOD SAFETY

- ✓ Fresh fruit should have no bruises or cracks.
- ✓ Fruit cans, boxes, bags, and cups should have no dents, rips, or leaks.
- ✓ Always check expiration dates before opening frozen or canned fruit, fruit cups, or fruit juices.
- ✓ Wash bags, boxes, or cans before opening frozen or canned fruit, fruit cups, or fruit juices.
- ✓ When opening cans, use a clean can opener.
- ✓ Do not eat food prepared at friends' or family's house. Do not eat out or eat takeout.

FRUITS

FRUITS	Is it safe?	
	Raw	Cooked
Apples	no	yes
Apricots	no	yes
Avocado	yes	yes
Bananas	yes	yes
Blackberries	no	yes
Blueberries	no	yes
Cantaloupe	yes	yes
Cherries	no	yes
Grapefruit	no	no
Grapes	no	yes
Honeydew	yes	yes
Kiwi fruit	no	yes
Lemons	yes	yes
Limes	yes	yes
Mangoes	no	yes
Nectarines	no	yes
Oranges	yes	yes
Papaya	no	yes
Peaches	no	yes
Pears	no	yes
Pineapple	yes	yes
Plums	no	yes
Prunes	no	yes
Raisins	no	yes
Raspberries	no	yes
Seville Oranges	no	no
Strawberries	no	yes
Tangerines	yes	yes
Watermelon	yes	yes

GRAINS



Do NOT Eat

- Popcorn
- Pasta or potato salads that were not made in your own kitchen

You can have

- Most grains, properly cooked.

FOOD SAFETY

- ✓ Cook according to instructions.
- ✓ Be careful when adding ingredients to grains. Make sure they are safe to eat.
- ✓ Bread must be baked and factory sealed or homemade in your own kitchen.
- ✓ If you have well water, boil water first before making quick cook grains (like Ramen noodles).
- ✓ Check expiration dates.
- ✓ Do not eat food prepared at friends' or family's house. Do not eat out or eat takeout.

GRAINS

GRAINS	Is it safe?			
	Home Made	Factory Sealed	Bakery	Takeout
Barley	yes	yes	no	no
Bread	yes	yes	no	no
Buckwheat	yes	yes	no	no
Bulgur wheat	yes	yes	no	no
Buns and rolls	yes	yes	no	no
Cereal plain	yes	yes	no	no
Cereal with fruit	no	no	no	no
Cereal with nuts	no	no	no	no
Cornbread	yes	yes	no	no
Couscous	yes	yes	no	no
Cracked wheat	yes	yes	no	no
Crackers	yes	yes	no	no
Grits	yes	yes	no	no
Macaroni	yes	yes	no	no
Noodles	yes	yes	no	no
Oatmeal	yes	yes	no	no
Pasta	yes	yes	no	no
Pasta salad	yes	no	no	no
Penne	yes	yes	no	no
Pitas	yes	yes	no	no
Popcorn	no	no	no	no
Pretzels	yes	yes	no	no
Quinoa	yes	yes	no	no
Rice	yes	yes	no	no
Rolls	yes	yes	no	no
Spaghetti	yes	yes	no	no
Tortillas	yes	yes	no	no
Wild rice	yes	yes	no	no

PROTEINS



Do NOT Eat

- Raw meat
- Sushi, sashimi, or raw oysters
- Raw (unroasted) nuts
- Meat from the deli counter
- Unpasteurized tofu
- Tempeh, miso

You can have

- Meats, cooked to their safe temperature.
- Fish and seafood, cooked until flaky and opaque all the way to the middle.
- Eggs, cooked until whites are solid white and yolk has thickened.
- Beans, Tofu, Veggie Burgers, Texturized Vegetable Protein, cooked completely
- Dairy, stored in the refrigerator or freezer, never on the counter.
- Roasted nuts.

FOOD SAFETY

- ✓ Wash hands often when handling meat, fish, seafood, eggs, and dairy.
- ✓ Packaging should have no rips, dents, or leaks.
- ✓ Wash bags, boxes, or cans before opening.
- ✓ Always check expiration dates.
- ✓ Use a clean can opener.
- ✓ Wash egg shells and throw away damaged eggs.
- ✓ Wash counters, boards and utensils after contact with meat, fish, seafood, eggs, and dairy.
- ✓ Always use a thermometer find out if meat is cooked completely. Don't rely on looks.
- ✓ Use thermometer in thickest part of meat, away from bone. Wash after every use.
- ✓ Always use a clean plate for cooked meat, fish, seafood, eggs, and dairy.
- ✓ Do not eat food prepared at friends' or family's house. Do not eat out or eat takeout.

PROTEINS

Proteins	Is it safe?			
	Raw	Cooked	Temp	Notes
Anchovies (canned)	no	yes	-	already cooked
Bean Burgers	no	yes	-	cook until hot and tender
Beef steaks and roasts	no	yes	165 °F	use thermometer
Bison	no	yes	165 °F	use thermometer
Black Beans	no	yes	-	cook until hot and tender
Black-eye Peas	no	yes	-	cook until hot and tender
Catfish	no	yes	-	flaky and opaque to the middle
Chicken	no	yes	180 °F	use thermometer
Chicken Eggs	no	yes	-	whites are solid white, yolk thick
Chickpeas	no	yes	-	cook until hot and tender
Clams	no	yes	-	opaque to the middle
Clams (canned)	no	yes	-	already cooked
Cod	no	yes	-	flaky and opaque to the middle
Crab	no	yes	-	flaky and opaque to the middle
Crayfish	no	yes	-	opaque to the middle
Duck	no	yes	180 °F	use thermometer
Duck Eggs	no	yes	-	whites are solid white, yolk thick
Falafel	no	yes	-	cook until hot and tender
Flounder	no	yes	-	flaky and opaque to the middle
Garbanzo Beans	no	yes	-	cook until hot and tender
Goose	no	yes	180 °F	use thermometer
Ground Beef	no	yes	170 °F	use thermometer
Ground Lamb	no	yes	170 °F	use thermometer
Ground Pork	no	yes	170 °F	use thermometer
Ground Turkey	no	yes	180 °F	use thermometer
Haddock	no	yes	-	flaky and opaque to the middle
Halibut	no	yes	-	flaky and opaque to the middle
Ham	no	yes	170 °F	use thermometer
Herring (pickled)	no	no	-	not safe
Hot Dog	no	yes	-	follow package instructions
Kidney Beans	no	yes	-	cook until hot and tender
Lamb Chops and Roasts	no	yes	170 °F	use thermometer
Lentils	no	yes	-	cook until hot and tender
Lima Beans	no	yes	-	cook until hot and tender

PROTEINS

Proteins	Is it safe?			
	Raw	Cooked	Temp	Notes
Lobster	no	yes	-	opaque to the middle
Miso	no	no	-	not safe
Mackerel	no	yes	-	flaky and opaque to the middle
Mussels	no	yes	-	flaky and opaque to the middle
Navy Beans	no	yes	-	cook until hot and tender
Nuts	no	yes	-	must be roasted
Octopus	no	yes	-	opaque to the middle
Oysters	no	yes	-	opaque to the middle
Pinto Beans	no	yes	-	cook until hot and tender
Pollock	no	yes	-	flaky and opaque to the middle
Porgy	no	yes	-	flaky and opaque to the middle
Pork (pulled)	no	yes	170 °F	use thermometer
Pork Ribs	no	yes	170 °F	use thermometer
Pork Chops, Steaks and Roasts	no	yes	170 °F	use thermometer
Rabbit	no	yes	170 °F	use thermometer
Salmon	no	yes	-	flaky and opaque to the middle
Salmon (canned)	no	yes	-	already cooked
Salmon (nova, lox, kippered)	no	no	-	not safe
Sardines (canned)	no	yes	-	already cooked
Sausage	no	yes	170 °F	use thermometer
Scallops	no	yes	-	flaky and opaque to the middle
Sea Bass	no	yes	-	flaky and opaque to the middle
Shrimp	no	yes	-	opaque to the middle
Snapper	no	yes	-	flaky and opaque to the middle
Soy Beans	no	yes	-	cook until hot and tender
Split Peas	no	yes	-	cook until hot and tender
Squid	no	yes	-	opaque to the middle
Swordfish	no	yes	-	flaky and opaque to the middle
Tempeh (pasteurized)	no	no	-	not safe
Tempeh (unpasteurized)	no	no	-	not safe
Texturized Vegetable Protein	no	yes	-	cook until hot and tender
Tofu (pasteurized)	no	yes	-	cook until hot and tender
Tofu (unpasteurized)	no	no	-	not safe
Trout	no	yes	-	flaky and opaque to the middle

PROTEINS

Proteins	Is it safe?			
	Raw	Cooked	Temp	Notes
Trout (raw smoked)	no	no	-	not safe
Tuna	no	yes	-	flaky and opaque to the middle
Tuna (canned)	no	yes	-	already cooked
Turkey	no	yes	180 °F	use thermometer
Veal (ground)	no	yes	170 °F	use thermometer
Veal Chops, Steaks and Roasts	no	yes	170 °F	use thermometer
Veggie Burgers	no	yes	-	follow package instructions
Venison Chops, Steaks, Roasts	no	yes	170 °F	use thermometer
Venison (ground)	no	yes	170 °F	use thermometer
White Beans	no	yes	-	cook until hot and tender

DAIRY



Do NOT Eat or Drink

- Unpasteurized dairy products
- Blue cheese, camembert, feta, brie, gorgonzola or Queso fresco or imported cheese
- Cheese from the deli counter
- Soft serve ice cream or ice cream scooped at the store
- Unsafe ingredients like fresh fruit, raw-nuts, raw honey, etc.

You Can Have

- Milk - (whole, 2%, 1%, skim, chocolate)
- Lactose-free milk or Lactaid tablets if dairy causes pain or discomfort
- Yogurt
- Hard cheese like American, cheddar, Colby, Monterey Jack, Swiss, mozzarella, Parmesan
- Soft cheese like cottage cheese, cream cheese and ricotta
- Ice cream, frozen yogurt and sherbet that has been pasteurized
- Milkshakes and smoothies, homemade with safe ingredients

Suggestions

- Drink whole milk to get more calories.
- Add cheese to cooked foods to get more protein, calcium and calories.
- Add protein powder to a milkshake or smoothie to get more protein.
- Eat pudding to get more dairy and calories.

FOOD SAFETY

- ✓ All dairy must be factory packaged and sealed.
- ✓ All dairy products must be pasteurized.
- ✓ Check the expiration date.
- ✓ Keep dairy very cold.
- ✓ All ingredients in dairy foods must be safe (no raw fruit, raw nuts, raw honey, etc.).
- ✓ Do not eat food prepared at friends' or family's house. Do not eat out or eat takeout.

DAIRY

Milk Products	Is it safe?
Chocolate milk	yes
Frozen yogurt	yes
Ice Cream	yes
Lactaid	yes
Milk	yes
Milk 1%	yes
Milk 2%	yes
Milkshake	yes
Raw Milk	no
Pudding	yes
Sherbet	yes
Skim milk	yes
Smoothie	yes
Whole milk	yes
Yogurt	yes

Cheese Products	Is it safe?
American	yes
Blue cheese	no
Brie	no
Camembert	no
Cheddar	yes
Colby	yes
Cottage cheese	yes
Cream cheese	yes
Deli counter cheese	no
Feta	no
Gorgonzola	no
Goat cheese	no
Imported	no
Monterey Jack	yes
Mozzarella	yes
Parmesan	yes
Queso Fresco	no
Ricotta	yes
Swiss	yes

OTHER FOODS



Do NOT Eat

- Cream or custard filled cakes and pastries from the refrigerated department
- Raw herbs and spices
- Raw honey

You can have

- Chips and snacks in factory sealed bags with safe ingredients
- Marinades, sauces, and gravies made at home or factory sealed with safe ingredients
- Ketchup®, mustard, and mayonnaise
- Sugar and artificial sweeteners
- Pasteurized ice cream, frozen yogurt, and sherbet
- Cakes, cookies, pies, pastries cooked at home or factory sealed with safe ingredients
- Candy made at home or factory sealed with safe ingredients
- Nutritional supplements like Ensure®, Boost®, Breakfast Essentials®, and protein powder

FOOD SAFETY

- ✓ Herbs and spices must be cooked.
- ✓ Ice cream, frozen yogurt, and sherbet must be factory sealed and pasteurized.
- ✓ Check ingredients to be sure they are safe.
- ✓ For factory sealed foods follow the package instructions for cooking and storage.
- ✓ Keep ketchup, mustard, mayonnaise, pickles, etc... in the refrigerator after opening.
- ✓ Check expiration dates.
- ✓ Do not eat food prepared at friends' or family's house. Do not eat out or eat takeout.

OTHER FOODS

Other Foods	Is it Safe?
Boost®	yes
Bouillon	yes if cooked
Breakfast Essentials®	yes
Brownies	yes
Cakes	yes
Cakes (with cream or custard)	no not safe
Candy	yes
Chips	yes
Cookies	yes
Ensure®	yes
Frozen Yogurt (pasteurized)	yes if pasteurized
Gelato (pasteurized)	yes if pasteurized
Gravy	yes
Herbs (dried and fresh)	yes if cooked
Honey (raw)	no not safe
Ice cream (pasteurized)	yes if pasteurized
Italian Ice	yes if pasteurized
Ketchup®	yes
Marinade	yes if cooked
Mayonnaise	yes
Mustard	yes
Nuts (raw)	no
Nuts (roasted)	yes
Pastries	yes
Pastries (with cream or custard)	no not safe
Pepper	yes if cooked
Pickles	yes
Protein Powder	yes
Salt	yes
Salt (seasoned)	yes if cooked
Sauce	yes
Seasoning Packet	yes if cooked
Sherbet	yes if pasteurized
Sorbet	yes if pasteurized

OTHER FOODS

Other Foods	Is it Safe?
Spices (dried and fresh) Sugar	yes if pasteurized yes

DRINKS



IMPORTANT

**Drink *at least 2 liters*
(about 8 cups) every day**

Do NOT Drink

- Grapefruit juice
- Raw milk
- Unpasteurized milk and juice
- Any bottled water other than Dasani and Aquafina
- Alcohol

You can Drink

- City Water
- Dasani or Aquafina bottled water
- Well water - **ONLY** if it has been boiled 10 minutes
- Milk and dairy smoothies - be sure it's pasteurized
- Fruit and vegetable juice - be sure it's pasteurized
- Sports drinks
- Sodas
- Hot drinks like coffee, tea, and hot chocolate

FOOD SAFETY

- ✓ Well water must be boiled 10 minutes before it is safe to drink.
- ✓ Only use Dasani or Aquafina bottled water - no other brands.
- ✓ Milk and other dairy drinks must be pasteurized.
- ✓ Fruit and vegetable juices must be pasteurized.
- ✓ Check expiration dates.
- ✓ Keep dairy cold.
- ✓ Don't let family members drink directly from drink containers.