

Food and Beverage Recommendations

Category	SAFE	PROBABLY SAFE	UNSAFE
Beverages	<ul style="list-style-type: none"> Carbonated soft drinks Carbonated water Boiled water Purified water (iodine or chlorine) 	<ul style="list-style-type: none"> Fresh citrus juices Bottled water Packaged (machine-made) ice 	<ul style="list-style-type: none"> Tap water Chipped ice Unpasteurized milk
Food	<ul style="list-style-type: none"> Hot, thoroughly grilled, boiled Processed and packaged Cooked vegetables and peeled fruits 	<ul style="list-style-type: none"> Dry items Hyperosmolar items (such as jam and syrup) Washed vegetables and fruits 	<ul style="list-style-type: none"> Salads Sauces and 'salsa' Uncooked seafood Raw or poorly cooked meats Unpeeled fruits Unpasteurized dairy products Cold desserts
Setting	Recommended restaurants	Local homes	Street vendors