

# Food and Beverage Recommendations for travellers

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

# Food water and personal hygiene advice... what are the risks?!

