## **Food and Beverage Recommendations**

| Category  | SAFE   | PROBABLY SAFE   | UNSAFE   |
|-----------|--|---|--|
| Beverages | <ul> <li>Carbonated soft drinks</li> <li>Carbonated water</li> <li>Boiled water</li> <li>Purified water (iodine or chlorine)</li> </ul>  | <ul> <li>Fresh citrus juices</li> <li>Bottled water</li> <li>Packaged<br/>(machine-made)<br/>ice</li> </ul>                             | <ul> <li>Tap water</li> <li>Chipped ice</li> <li>Unpasteurized<br/>milk</li> </ul>   |
| Food      | <ul> <li>Hot, thoroughly grilled,<br/>boiled</li> <li>Processed and packaged</li> <li>Cooked vegetables and<br/>peeled fruits</li> </ul> | <ul> <li>Dry items</li> <li>Hyperosmolar<br/>items (such as<br/>jam and syrup)</li> <li>Washed<br/>vegetables and<br/>fruits</li> </ul> | <ul> <li>Salads</li> <li>Sauces and 'salsa'</li> <li>Uncooked<br/>seafood</li> <li>Raw or poorly<br/>cooked meats</li> <li>Unpeeled fruits</li> <li>Unpasteurized<br/>dairy products</li> <li>Cold desserts</li> </ul> |
| Setting   | Recommended restaurants  | Local homes   | Street vendors   |

Ericsson CD. Prevention of Travelers Diarrhea in: Keystone J, Freedman D, Kozarsky P, Connor B and Nothdurft H. Eds. *Travel Medicine* 3<sup>rd</sup> Edition. Saunders, an imprint of Elsevier Inc; 2013. p. 191-196