



Foods Older Adults are Advised Not to Eat



To reduce risks of illness from bacteria in food, older adults are advised not to eat:

- Raw finfish and shellfish, including oysters, clams, mussels, and scallops.
- Raw or unpasteurized milk or cheese.
- Soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese. (Hard cheeses, processed cheeses, cream cheese, cottage cheese, and yogurt are okay)
- Raw or lightly cooked eggs or egg products, including salad dressings, cookie or cake batter, sauces, and beverages such as eggnog. (Foods made from commercially pasteurized eggs are safe to eat.)
- Raw meat or poultry.
- Raw sprouts.
- Unpasteurized or untreated fruit or vegetable juice (these juices will carry a warning label).

CAUTION