Unclean food and water can cause travelers' diarrhea and other diseases. Travelers to developing countries are especially at risk. In otherwise healthy adults, diarrhea is rarely serious or life-threatening, but it can certainly make for an unpleasant trip. Take steps to avoid diarrhea when you travel.

**What’s Safer**
- Pasteurized dairy products like milk
- "Dry" foods like bread or crackers
- Water or ice made from the tap or a well
- Unpasteurized dairy products
- Fountain drinks
- Meat that is cooked all the way through and served hot
- Food served at room temperature
- Raw or undercooked (rare) meat or fish
- Raw or soft-cooked (runny) eggs
- Unwashed or unpeeled raw fruits and vegetables

**What’s Not**
- Water, sodas, or sports drinks that are bottled and sealed (carbonated is safer)
- Hot coffee or tea
- Hard-cooked eggs
- Food from a factory sealed package or container
- Food from street vendors
- Flavored ice or ice pops
- Food with "Bushmeat" (monkeys, bats, or other wild game)
- Salads

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