

Choose Wisely: What You Need to Know About Undercooked Foods

Your safety is a shared priority. Even when food is prepared with care following safety standards, consuming raw or undercooked foods can carry risks. This handout provides information to help you make informed choices.



Why It Matters

Eating raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Who Is at Increased Risk?

Some people are more likely to have severe complications from foodborne illness. People at increased risk of illness are encouraged to choose fully cooked options.



Pregnant Individuals



Young Children
(under 5)



Older Adults
(65+ years)



Weakened Immune
Systems

Undercooked or Raw Foods on the Menu

Here are examples of undercooked or raw foods and some of their associated risks:



Sushi & Sashimi (Raw Fish)

May carry bacteria like *Salmonella* and *Vibrio* or parasites such as *Anisakis*.



Poultry

Undercooked duck or chicken, such as liver pate, may contain bacteria such as *Salmonella* or *Campylobacter*.



Steak or Hamburger

May have bacteria such as *E. coli* or *Salmonella*.



Eggs

Undercooked dishes with runny yolks or raw egg can carry *Salmonella*.



Symptoms of Foodborne Illness

Watch for these and other symptoms of illness, which can appear hours to weeks after consuming contaminated food:

- Diarrhea
- Fever
- Stomach cramps
- Vomiting

While many foodborne illnesses go away on their own, others require medical attention. If you have severe or prolonged symptoms, seek medical care promptly.

We're Here to Help

We all want your dining experience to be both enjoyable and safe. If you have questions or want help selecting the best options for your needs, please let the restaurant staff know. Your health and safety are always our top priority.