

Safe Food for Travellers

Fact Sheet

- Sampling local foods adds pleasure to visiting foreign countries, but to help avoid traveller's diarrhea, you are advised to take some precautions.
- The best defense against germs is frequent hand washing; wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizers (at least 60% alcohol) before eating or preparing food, and after handling money or using the bathroom.

Travellers should

- consume only pasteurized or sterilized milk and milk products.
- ask how leafy or uncooked vegetables are cleaned – water alone is not enough. Tomatoes are classified as fruit – they must be unbruised and peeled.
- eat at establishments that are known to cater to tourists or that are specifically known by other tourists to be safe.
- follow the guidelines on the Safe Water for Travellers Fact Sheet.
- check that food in cold buffets has been refrigerated and is fresh. Be sure that fly controls and food covers are being used.

It is safer to eat

- foods that are well cooked and served steaming hot, especially meat, fish and seafood.
- fresh vegetables if they are cooked and eaten hot.
- fruits or nuts with thick skins, peels or shells that you can remove yourself.
- breads, tortillas, crackers, biscuits and other baked goods.
- canned foods.

It is not safe to eat

- raw or undercooked meat, fish or seafood.
- leafy or uncooked vegetables and salads because soil that is contaminated with human waste is often used for fertilizer. Salads and raw vegetables can be made safe if the ingredients are first immersed for 30 minutes in Pristine solution.
- mayonnaise and salad dressings, chutneys and salsa. They may be easily contaminated if home-made.
- melons, since they may be injected with unsafe water to increase market weight,
- leftovers, as they may not have been stored or re-heated correctly.
- ice cream from unreliable sources since it is frequently contaminated and can cause illness. If in doubt, avoid it.
- **If you can't boil it, peel it, or cook it, don't eat it!**

Other Questions?

Talk to your health care provider or call our Immunization Program at 613-966-5500
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2016/03/03

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