

# Food Safety: Restaurant and Take-out Foods<sup>1</sup>

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Eating out is fun...but getting sick from restaurant foods isn't! Read on to learn what you can do to keep restaurant and take-out foods safe to eat.

- If the dining room doesn't look clean, leave! It's likely the kitchen isn't clean either.
- Order foods cooked thoroughly—no rare meats or runny eggs.
- If you're not sure how a food is prepared, ask!
- Ask for hot foods to be served piping hot; if they are not served hot, ask for them to be reheated.
- At fast-food restaurants, special order your food so that it's made fresh. This way you won't eat something that has been sitting around too long.

## High-Risk Foods

Stay away from uncooked or undercooked foods such as:

- Clams and oysters
- Sushi
- Steak tartare
- Soft-boiled or sunny-side-up eggs
- Hollandaise sauce
- Caesar salad dressing
- Meringues
- Dessert mousse and tiramisu



## Leftovers

- Label containers with the date.
- Refrigerate leftovers within two hours; if you can't, don't take the food home.
- Use the leftovers within three days or throw the food out!

## What about take-out foods?

It's best to eat your take-out meal as soon as possible after picking it up from the restaurant. Refrigerate leftovers within two hours of picking it up and then reheat.

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## Refrigerating Foods

- Take out stuffing (if there is any).
- Separate meats, vegetables, and sauces, if possible.
- Divide food into small portions and place in shallow containers.
- Cover food loosely with plastic wrap or aluminum foil; when cool, you may cover with a fitted lid.

## Reheating Foods

- Reheat solid foods to an internal temperature of 165°F—the food should be steaming and not have cold spots.
- Reheat liquids to a boil.
- Reheat foods in dishes, not in plastic containers.