



Egg Dishes



Foods Older Adults Should Avoid

As we get older our bodies don't work quite as well. Therefore, some foods are more likely than others to make older adults sick if they eat them. Below is a list of foods that should be avoided.

- Foods that contain raw or undercooked eggs
 - homemade Caesar salad dressing and mayonnaise
 - uncooked cake batter and cookie dough
 - poached eggs, eggs Benedict, undercooked (runny) scrambled eggs and fried eggs



- Raw or undercooked meat, poultry, fish, and seafood

Recommended Safe Minimum Internal Temperatures				
Beef, Pork, Veal, Lamb, Steaks, Roasts & Chops 145°F with a 3 minute resting time	Fish 145°F	Ground Meats (Beef, Pork, Veal & Lamb) 160°F	Egg Dishes 160°F	Whole, Pieces & Ground (Turkey, Chicken & Duck) 165°F

- Hot dogs eaten cold out of the package without reheating
- Freshly sliced deli meats or pre-packaged luncheon meats eaten cold without reheating
- Raw, unpasteurized milk

Do not buy milk or milk products sold at roadside stands or farmer's markets unless you can confirm that it has been pasteurized. If it says "only for animal use," it has not been pasteurized.



- Unpasteurized juices, ciders, or honey
- Mold ripened, blue-veined cheeses or soft cheeses made from unpasteurized milk
 - Mold ripened cheeses - Brie, Camembert, Blue Brie
 - Blue-veined cheeses - Danish Blue, Stilton, Gorgonzola, Romano
 - Soft cheeses - queso fresco, queso blanco, goat cheeses
- Raw sprouts
 - bean sprouts, alfalfa sprouts

Helpful Hints

- When cooking eggs make sure both the yolks and whites are solid.
- When cooking hotdogs place in boiling water for at least 15 seconds, or heat in the microwave oven until steaming hot.