



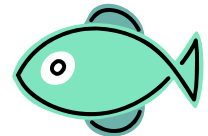
## Food Safety

Some foods are not safe to eat.




### Do Not **serve to your family...**

- ⊗ unpasteurized milk or products made from unpasteurized milk
- ⊗ raw or partially cooked eggs or food containing raw eggs
- ⊗ raw or undercooked meat, poultry, fish or shellfish
- ⊗ unpasteurized juices
- ⊗ raw sprouts
- ⊗ unwashed fresh fruits or vegetables



 **Fish is a healthful food but avoid shark, swordfish, king mackerel or tilefish.** These fish contain high levels of mercury.

 **Preschoolers can eat 2 child-size servings per week of fish low in mercury** (shrimp, canned light tuna, salmon, pollock, and catfish; 1 child-size serving per week if it is albacore ("white") tuna).

 **Check your local health department for information about the safety of locally caught fish.**

For more information go to "What You Need to Know About Mercury in Fish and Shellfish" at: <http://www.cfsan.fda.gov/~dms/admeHg3b.html>

### **Orange Raisin Rice** Serves 2

1 cup cooked rice	1 teaspoon margarine
2 tablespoons sugar or corn syrup	1/4 cup orange juice
1/4 cup raisins	

Stir all of the ingredients together in a microwave-safe dish. Cover and microwave on High for 2 to 3 minutes or until heated through to blend flavors. Serve warm.