

BE SMART WHEN YOU EAT LOCAL DURING DEPLOYMENT!

MAN, MY STOMACH IS WRECKED!
WHERE'S THE NEAREST BATHROOM?

GROSS, DUDE! YOU SHOULD'VE
JUST STUCK WITH THE BREAD...

CHOOSE LOWER RISK FOODS

- ✓ Breads
- ✓ Fully cooked vegetables, beans and rice that are kept and served hot
- ✓ Boiled or well done meats (lamb, beef, poultry and fish) that are eaten within 2 hours after cooking
- ✓ Hard-skin fruits and vegetables that you peel yourself (bananas, oranges, limes)
- ✓ Hot tea
- ✓ Bottled water or canned carbonated drinks that you open yourself

AVOID HIGHER RISK FOODS

- ✗ Milk and dairy products (cheese, ice cream and butter)
- ✗ Partially cooked or raw meats or fish
- ✗ Raw, leafy vegetables
- ✗ Leftovers, "doggie bags"
- ✗ Opened/unsealed beverage containers
- ✗ Ice, iced drinks, frozen desserts and juices
- ✗ Locally canned or packaged products

*Go to sick call if you
have nausea, vomiting,
diarrhea or fever.*

 **USAPHC**
U.S. ARMY PUBLIC HEALTH COMMAND

**Eat
SMART,
Stay
Ready!**