

COME HERE OFTEN? IT MAY BE WHAT YOU'RE EATING...

Avoid Higher Risk Foods

- » Milk and other dairy products
- » Partially cooked or raw meats or fish
- » Raw, leafy vegetables
- » Leftovers, take-home, or doggie bags
- » Opened/unsealed beverage containers
- » Ice, iced drinks, frozen desserts and juices
- » Locally canned or packaged products

BE SMART WHEN YOU EAT LOCAL
DURING DEPLOYMENT



<http://phc.amedd.army.mil>
1-800-222-9698

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