

# Did You Know?

- 8260 cups of coffee are served each day onboard.
- Our ship weighs 90 million pounds
- There are 5390 pillows onboard
- · Of the 5,000 eggs consumed at breakfast each morning, 1956 are scrambled, 552 are served sunny side up, 480 are eaten soft boiled, 984 are made into omelettes and 976 are made into other egg dishes.

Tonnage: 83,308 gross, 53.899 net Length Overall: 294m / 964ft

(height of Eiffel Tower is 986ft)

Maximum Speed: 26 knots (30 miles per bour)

## **Important Dates**

Keel Laid: May 15, 1997 Launch Date: July 14, 1999

Inaugural Cruise: August 15, 1999



## ADULT VARIETY ACT

Enjoy the Comedy & Juggling of Mike Price as he entertains you in this adult exclusive show.

> WaveBands (18+), Deck 3, Forward, 10:15 pm

### Storytime with Mrs. Claus

Atrium, Deck 3, Midship - 4:00 pm

Full of fun and whimsy, Mrs. Claus makes a very special visit to the ship's atrium to read classic holiday tales to all the children - and children at heart!

#### Holiday Storytellers

romenade Lounge, Deck 3, Aft - 4:45 pm

Everyone celebrates holidays in their own unique style. Come listen as some of our very own Crew Members share their heartfelt ways of celebrating Hanukkah & Kwanza during this magical time of the year!

### Meet the Captain

Lobby Atrium, Deck 3, Midship - 7:30 pm

Meet the Master of this beautiful Disney Cruise Line ship and have a photograph with him.

## The Golden Mickeys After Party

Studio Sea, Deck 4, Midship - 9:30 pm Join your Cruise Staff team for the awards celebration after party featuring great dance music for the entire family.

#### Rockin' Rowdy (18+)

WaveBands, Deck 3, Forward - 10:45 pm

Join your Club Host as we round up the greatest classic rock and urban country hits. Featuring a bootstomping performance from the Boot Scootin' dancers to start the party.



Book your next cruise onboard and save 10% on prevailing rates as quoted on disneycruise.com. Plus, get an onboard credit and special deposit rate! Visit the Future Cruise Sales Desk for more information.



NER Animator's Palate: Pacific Rim Cuisine Parrot Cay: Caribbean Island Cuisine Triton's: French Cuisine

High Tide (Alcoholic) Mango Crush (Non Alcoholic) **IMPORTANT NUMBERS** 

Fire/Security: Medical Emergency: 7-3000 Health Center: 7-1923

# ADULT ACTIVITY HIGHLIGHTS



Yoga - Vista Spa Fitness Center - 4:00 pm Footprint Analysis - Vista Spa Fitness Center - 4:30 pm

#### TASTING CLASSES

ISTA SPA

Chocolate & Liquor Tasting (21+) - Cadillac Lounge - 12:00 pm Mixology (21+) - Cadillac Lounge - 2:00 pm Beer Tasting (21+) - Cadillac Lounge - 4:00 pm

Whiskey Tasting (21+) - Outlook Cafe - 10:30 pm
Please make reservations for tastings at Guest Services for a nominal fee. Tasting Seminars are only for Guests 21 and older.



#### CLUB 18\*21 - LUNCH

Triton's, Deck 3, Midship - 12:15 pm
Get to know your fellow 18\*21 Guests over a spot of lunch.

#### CLUB 18\*21 - MIXER

Diversions, Deck 3, Forward - 10:00 pm

Come join fellow cruisers your own age at our exclusive Club 18\*21 event.

#### **DISNEY'S INNOVATIONS: THEME PARKS**

Join us for our presentation showing the "Top 10" greatest innovations that the Walt Disney Company has introduced to theme parks.

#### LIVE GUITAR WITH DAVE SHARP

Diversions, Deck 3, Forward - 5:15 pm Cadillac Lounge, Deck 3, Forward - 6:45 pm & 8:30 pm

Join Dave Sharp as he performs live for your listening pleasure.

3, Forward - 10:45 pm

Join your Club Host as we round up the greatest classic rock and urban country hits. Featuring a bootstomping performance from the Boot Scootin' dancers to start the party.



# TAN TON UT THE HOT HIGH HOT

## WAKE UP WITH DISNEY JUNIOR



What happens when you experience unlimited fun with your favorite Disney Junior shows? You get an exciting dance party designed especially for preschoolers ages seven and under.

### \$10,000 MEGA JACKPOT BINGO



It's Big, it's Massive, it's Supersized! It's \$10,000 MEGA Jackpot Bingo! Take home \$10,000 if you can cover your card in 46 numbers or less. If not, we carry on to play for the biggest cash prize of the session. Pre-Sales start 15 minutes prior to game.

#### WONDER QUEST

Deck 3, Forward - 1:00 pm

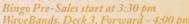
Enjoy the wildest and wackiest scavenger team event on the seven seas!

#### TOWEL FOLDING

dio Sea, Deck 4, Midship - 2:00 pm

Learn to create those amazing towel creatures you've seen in your stateroom all cruise long.

#### FINAL JACKPOT BINGO



The snowball jackpot MUST BE WON at this final session! Beat the line and get your cards early. Who will be the lucky winner? It could be you! Pre-Sales start 30 minutes prior to game.

#### LIVE MUSIC WITH MIDTOWN DUO

e Lounge, Deck 3, Aft - 5:30 pm, 7:30 pm, 9:45 pm & 10:45 pm Join Midtown Duo as they perform live for your listening pleasure.

#### MEET THE CAPTAIN

bby Atrium, Deck 3, Midship - 7:30 pm

Meet the Master of this beautiful Disney Cruise Line ship and have a photograph with him.

#### GAME SHOW: THE FEUD

VaveBands, Deck 3, Forward - 7:30 pm

"Survey Says" you'll have a fantastic time with our version of a classic game.

#### FAMILY SUPERSTAR KARAOKE

Join your Cruise Staff in Studio Sea tonight and sing along to your favorite song - fun for everyone.

# AONLH USILIALLA HLANDA

A convenience for families dining at 8:15 pm, our Youth Activities counselors will be available at 9:15 pm at the entrance of Triton's, Parrot Cay and Animator's Palate dining rooms to bring registered children to join the fun in Disney's Oceaneer Club and Disney's Oceaneer Lab.



Deck 5, Aft (7-18500)

9:00 am - 11:00 pm

Infants and Toddlers can enjoy toys and activities at Flounder's Reef Nursery. Reservations are first come, first served so please stop by!



Deck 5, Midship (7-1440)

(3 - 12 years old)

9:00 am - 12:00 am

#### ALOHA LUAU

It's party time, Hawaiian style! Come join us for a Luau experience and learn how to dance like Lilo & Stitch.

#### PLUTO'S PAJAMA PARTY

Bring the little ones in their pajamas but there will be anything but sleep when Pluto and friends host the ultimate slumber party!



Deck 5, Midship (7-1445)

(3 - 12 years old)

9:00 am - 12:00 am

#### STITCH'S GREAT ADVENTURE

Stitch needs your help in trying to capture ten of his lost cousins before they cause all kinds of problems on the ship!

#### LAVA FLOW

Build your own volcano and watch it erupt as you learn about the physics of volcanoes.



Deck 2, Midship (7-5810) (11 - 14 years old)

9:00 am - 1:00 am

#### GOOFY'S WORLD RECORDS

Compete in the Goofy-est games ever! Goofy and his pals have created a variety of games and contests for a wild time.

## RATATOUILLE COOKING SCHOOL

Join our Ratatouille Cooking School for baking fun! Make new friends and bake your own Chocolate Chip Cookies!



Deck 11, Midship (7-1456)

(14 - 17 years old)

10:00 am - 2:00 am

#### MARSHMALLOW OLYMPICS

Learn all about this white sugary treat and everything it can do! Build a tower, go flying and test your agility - all with the help of a marshmallow.

#### **GENDER WARS**

Join us as we find out who really are the kings or queens of the castle.

# BUEDA VISTA THEATRE

Today's Movies



8:45 am Duration: 44 mins Rating:



10:00 am Duration: 1 hr 21 mins Duration: 1 hr 48 mins Rating: PG



Rating: PG



2:30 pm Rating: PG



5:30 pm & 8:30 pm Duration: 1 hr 48 mins Duration: 2 hrs 2 mins Duration: 2 hrs 2 mins Rating: PG-13



11:00 pm Rating: PG



## **MOVIE SPECIAL**

In this action-packed comedyadventure, robotics prodigy Hiro Hamada forms a band of high-tech heros in the midst of several devestating events in the streets of San Fransokyo.

1 Hour 48 Minutes (PG)

#### DOLBY, 3D

Walt Disney Theatre, Deck 4, Forward, 2:00 pm



Join your Club Host as we round up the greatest classic rock and urban country hits. Featuring a bootstomping performance from the Boot Scootin' dancers to start the party.

> WaveBands (18+), Deck 3, Forward, 10:45 pm

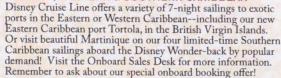
#### YOUTH ACTIVITIES OPEN HOUSE

Open House is an opportunity for all to come and participate in a variety of exciting activities and free time in the Oceaneer Club, Oceaneer Lab, Flounder's Reef Nursery, Vibe and Edge throughout the cruise. During these times secured programming will still be offered in the other venue for those looking to check their children into care.

Disney's Oceaneer Club: 6:00 pm - 7:00 pm Disney's Oceaneer Lab: 4:00 pm - 5:30 pm

Edge: 9:00 am - 12:00 pm Vibe: 10:00 am - 12:00 pm

### EASTERN, WESTERN & SOUTHERN CARIBBEAN





#### **ALASKA AWAITS** Take your family on an Alaskan adventure they'll never forget! Sail through magnificent fjords fed by glaciers. Discover untamed nature and walk in the footsteps of prospectors. Begin your adventure today! Visit the Onboard Sales Desk to learn more about our special onboard booking offer.



#### **DISNEY VACATION CLUB\* GROUP PREVIEW**

Want to learn more about taking magical vacations year after year? Please see a Disney Vacation Club representative on Deck 4, Midship, or call 7-2805 from your stateroom phone for more information about our interactive group presentation.



VISTA SPA Deck 9, Forward - Phone: 7-1465

### 20/20/20

Combine any of the following: 20 min. Foot and Ankle Massage; 20 min. Hydrating Mini Facial; 20 min. Back, Neck and Shoulder Massage; 20 min. Devils Mint Back Scrub; 20 min. Frangipani Scalp Massage.

Any 3 for \$119

## 2014 DISNEY CRUISE TINE WEBCHANDISE

Step into Mickey's Mates today and commemorate your Disney cruise with a wide selection of 2014 Disney Cruise Line Merchandise. Mickey's Mates, Deck 4, Forward.





Tonight is your last chance for professional portraits! Capture the magic of your vacation at our portrait studios and let the memories live on. Portraits will be available in the Lobby Atrium, Deck 3, Midship, from 5:15 pm - 6:00 pm, 7:15 pm - 8:30 pm, and 9:30 pm - 10:15 pm.

\*Please note that photos are available for viewing on our interactive photo kiosks approximately five hours after being taken and are only available for purchase during this cruise.

Can you unlock the Grand MASTER KEY? Challenge yourself and discover the rewards that await you including cool Headphones, Underwater Cameras and Disney Princesses Prize Pack, come over to Deck 9, Midship, Quarter Masters Arcade and you could win a treasure.

#### ONBOARD AIRLINE CHECK IN SERVICE - LAST CHANCE

This will be your final chance to enroll for Onboard Airline Check In. Stop by the Guest Services Desk, Deck 3, Midship by 12:00 pm today.

## Connect @ Sea

We are now offering a NEW and improved Internet service to stay connected on your cruise like no other in the industry! Internet packages range from \$0.25 per MB - \$89.00 (1000 MB package). For more information contact your Connect@Sea Expert or Guest Services onboard.

OR T DVENTURES

Disney's private island Castaway Cay not only offers a terrific family beach day, but many other excursions and rentals to compliment. Snorkeling, bike and float rentals, parasailing plus much more, means that there is something for everyone at Disney's Castaway Cay. To make your reservation, visit the Port Adventures Desk, Deck 3, Midship.

## PHILIP STEIN WATCHES SPECIAL OFFER

Whether you need a tool for timekeeping or a fun fashion accessory, browse the wide selection of stylish brand name watches available in Treasure Ketch where, for a limited time, you can receive 25% off the ticketed price on Philip Stein watches. Deck 4, Forward.

#### SOPHIA FIORI DIAMOND TRUNK SHOW

Sophia Fiori is the world's leader in colored diamonds and jeweler to the stars. Your Sophia Fiori Jewelry Stylist and diamond industry expert has brought onboard over \$1 Million in Diamonds and Tanzanite Jewelry at all price points from \$500 up to extravagant connoisseur pieces. Treasure Ketch, Deck 4, Forward.

### VERA BRADLEY COLLECTION!

For over 20 years, Vera Bradley has been creating bags and accessories from lovely new fabrics and styles that are introduced each season. The functionality and quality are a testament to the brand name. See the collection at Treasure Ketch.

#### **HOLIDAY FASHIONS**

Celebrate the holidays in style with the trendy Disney Cruise Line fleece sweaters available at Treasure Ketch. Then finish up your look with a fashionable brand name handbag such as a leather Dooney & Bourke bag designed especially for Disney Cruise Line. Deck 4, Forward.

### ARTWO RK BY DANIEL ARRIAGA AT THE VISTA GALLERY

View enchanting artwork by visiting the Vista Gallery for the Disney Storytellers series featuring artists such as Daniel Arriaga. Having provided his artistic talent to Walt Disney Animation Studios, and, his current home, Pixar Animation Studios, Daniel's creations capture your favorite Disney characters in a way that is sure to excite any Disney fan. Vista Gallery, Deck 4, Midship.

#### PRECIOUS DISNEY PLUSHES

Cuddle up with some of your favorite Disney pals when you swing by Mickey's Mates and discover a lovable, soft Plush. From Stitch to Mickey and Minnie, you'll be sure to find a new cuddly friend to take home. Deck 4, Forward.

Due to port regulations, when the ship is docked, the stores will remain closed.

#### IMPORTANT INFORMATION

Security Notice
All Guests (including Children) who
wish to disembark or embark the ship are
required to present their Key to the World
card at the gangway, A photo ID is also
required for those Guests who are 18 years
of age or older. Guests under the age of 18
are required to have a parent, guardian or
other responsible adult sign an authorization
form at the Guest Service Desk if they wish
to go ashore unaccompanied or with any
adult from another stateroom.

# Sunscreen/Insect Repellent Advisory

#### Cold and Flu Reminder

or the safety of all Guests, outdoor events may be anged due to unforeseen weather conditions.

#### Corridor Quiet Hours

As a courtesy to all our Guests, please recognize quiet hallway hours from 10:00 pm til 8:00 am.

Environmental Message With Disney's commitment to the Environment please refrain from throwing anything over the Ship's side. Thank you.

#### No Reserved Seats Policy

Smoking
For the comfort of our guests, the following areas are designated as smoking areas:
Deck 10, forward, Starboard side
Deck 9, forward, Starboard side at Quiet Cove
Deck 4, aft, starboard side from 6:00 pm to
6:00 am only (all of Deck 4 is non-smoking from 6:00 am to 6:00 pm.)
Smoking is prohibited inside all guest staterooms and on stateroom verandahs. Guests found smoking in their staterooms or on their

smoking in their staterooms or on their verandahs will be charged a \$250 stateroom recovery fee. Electronic cigarettes may only be used in designated smoking areas.

#### Verandah Safety

Please do not leave any combustible materials on your balcony when not present in your stateroom for safety reasons.

30 30

## WEDNESDAY, NOVEMBER 26, 2014 - DAY AT SEA

















Rating:

10:00 am 12:00 pm 2:30 pm 5:30 pm 11:00 pm Duration: Duration: & 8:30 pm Duration: 1 hr 21 mins 1 hr 48 mins 1 hr 48 mins Duration: 2 hrs 2 mins Rating: PG Rating: PG 2 hrs 2 mins Rating: PG

Rating: PG-13

# Character Appearances

DONALD DUCK

Preludes - 1:45 pm

MICKEY MOUSE

Lobby Atrium (P)

CHIP & DALE

5:15 pm & 7:45 pm

MINNIE MOUSE

Lobby Atrium (P) 7:15 pm & 10:00 pm

Lobby Atrium (P) - 5:45 pm

Lobby Atrium (P) - 9:30 pm

CINDERELLA Deck 4, Midship - 9:00 am Lobby Atrium (P) - 1:00 pm

SANTA CLAUS Preludes - 11:00 am

PRINCESS TIANA Lobby Atrium (S) - 12:00 pm

RAPUNZEL Lobby Atrium (P) - 12:00 pm

PETER PAN Lobby Atrium (P) - 12:30 pm GOOFY

Lobby Atrium (S) - 12:30 pm

BELLE Lobby Atrium (S) - 1:00 pm

DAISY DUCK Preludes - 1:15 pm

(P) - Port Side (S) - Starboard Side

Don't forget your Camera to capture those Magical Moments! Check here each day for all of today's Character Appearances or refer to the Character Board in the Lobby Atrium.

Meet-and-Greets will be advertised for the length of time the line will be open. To avoid disappointment, please meet at start time of appearances.

## AONLH UCLIAILE LHEWED EXDEBIENCE?

focuses on movement and features content which appeals to younger children.

**STORYBOOK SERIES** is designed with a strong connection to the Disney classic stories.

includes large group games & movement-oriented activities.

**WCREATE & INVENT SERIES VSOLVE IT! SERIES** will have a tactile focus allowing are less active, but will challenge children to create and admire their work.

focuses on children's stage presence with lots of activities and enthusiasm.

children with problem/solutionsbased activities.

M YOUTH ACTIVITIES OPEN HOUSE

Activities for families, adults and children of all ages to enjoy together.

#### SHIP DIRECTORY

	STILINITA HEADY		
DISNEY'S OCEANEER CLUB	DECK 5, MID	9:00 AM -	12:00 AM
DISNEY'S OCEANEER LAB	DECK 5, MID	9:00 AM -	12:00 AM
EDGE	DECK 2, MID	9:00 AM -	1:00 AM
VIBE	DECK 11, MID	10:00 AM -	2:00 AM
FLOUNDER'S REEF NURSERY	DECK 5, AFT	9:00 AM -	11:00 PM

Children under 12 years of age must have adult supervision in all pools

Goofy's Pool	DECK 9, MID	9:00 AM -	6:00 PM
	0	8:00 PM -	10:00 PM
MICKEY'S POOL	DECK 9, AFT	8:30 AM -	10:00 PM
MICKEY'S SLIDE	DECK 9, AFT	9:00 AM -	5:30 PM
MICKEY'S SPLASH ZONE	DECK 9, AFT	8:30 AM -	10:00 PM
QUIET COVE POOL (18+)	DECK 9, FWD	8:00 AM -	10:00 PM

Complimentary pool vests are available for children to use in the pools onboard. They are located on the pool deck

#### RE(REATION

PORT ADVENTURES DESK	DECK 3, MID	9:30 AM -	1:00 PM
		2:00 PM -	5:00 PM
		7:00 PM -	8:30 PM
VISTA FITNESS CENTER (18+)	DECK 9, FWD	6:00 AM -	10:00 PM
WIDE WORLD OF SPORTS DECK	DECK 10, FWD		24 Hours

TIBL TORED OF ORTO DECE	DECK TO, TWD	Z4 HOURS	
(£)	HERAL INFORMATION		
BUENA VISTA THEATRE	DECK 5, AFT	SHOWTIMES	
DISNEY VACATION CLUB DESK	DECK 4, MID	9:00 AM - 11:30 AM	
		2:30 PM - 10:00 PM	
FUNNEL VISION	DECK 9, MID	SHOWTIMES	
GUEST SERVICES	DECK 3, MID	24 Hours	
HAIR BRAIDING	DECK 9, MID	9:00 AM - 12:00 PM	
		2:00 PM - 7:00 PM	
MEDICAL HEALTH CENTER	DECK 1, FWD	9:30 AM - 11:00 AM	
		4:30 PM - 7:00 PM	
ONBOARD SALES DESK	DECK 4, MID	9:00 AM - 12:00 PM	
		3:30 PM - 6:00 PM	
		7:30 PM - 10:00 PM	
PORT & SHOPPING DESK	DECK 3, MID		
Preludes	DECK 4, FWD	5:30 PM - 9:00 PM	
QUARTER MASTERS (ARCADE)	DECK 9, MID	24 Hours	
SHUTTERS PHOTO GALLERY	DECK 4, AFT	10:00 AM - 11:00 PM	
VISTA SPA AND SALON	DECK 9, FWD	8:00 AM - 10:00 PM	
WALT DISNEY THEATRE	DECK 4, FWD	Showtimes	
	SHOPPING		
ART GALLERY	DECK 4, MID	7:00 PM - 9:00 PM	
MICKEY'S MATES	DECK 4, FWD	9:00 AM - 10:30 PM	
RADAR TRAP (DUTY FREE)	DECK 3, FWD	6:00 PM - 10:30 PM	
TREASURE KETCH	DECK 4, FWD	9:00 AM - 10:30 PM	

IMPORTANT NUMBERS

Fire/Security: Medical EMERGENCY: Health Center:

7-3001 7-3000 7-1923

Animator's Palate: Pacific Rim Cuisine XX High Tide
Parrot Cay: Caribbean Island Cuisine XX G (Alcoholic)
Triton's: French Cuisine
This control of the Contr

Non - Alcoholic)

Today: Overcast High: 78°F/26°C Tomorrow: Cloud Tomorrow: Cloudy High: 70°F/21°C

**Evening Attire: Optional Dress Up** 

## **DINING & LOUNGES** TOTALDAG

	DUCHULHI		
BEACH BLANKET BUFFET	DECK 9, AFT	7:30 AM -	10:45 AM
PARROT CAY	DECK 3, AFT	8:30 AM -	11:00 AM
TRITON'S (Á-LA CARTE)	DECK 3, MID	8:00 AM -	9:30 AM
		9	
	LUNCH		
BEACH BLANKET BUFFET	DECK 9, AFT	12:00 PM -	2:00 PM
PARROT CAY	DECK 3, AFT	12:15 PM -	1:30 PM
TRITON'S	DECK 3, MID	12:00 PM -	1:30 PM
	DINNER		
ANIMATOR'S PALATE	DECK 4, AFT	5:45 PM &	8:15 PM
PARROT CAY	DECK 3, AFT	5:45 PM &	8:15 PM
Triton's	DECK 3, MID	5:45 PM &	8:15 PM
PALO (18+)	DECK 10, AFT	6:00 PM -	8:30 PM
BEACH BLANKET (Á-LA CARTE)	DECK 9, AFT	6:30 PM -	8:30 РМ
LA	LE HIGHT SHACKS		
DIVERSIONS	DECK 3, FWD	11:00 PM -	12:00 AM
PROMENADE LOUNGE	DECK 3, AFT	11:00 PM -	12:00 AM
А	DDED LEATURES		
BEVERAGE STATION	DECK 9, AFT, P	ORT SIDE	24 Hours
GOOFY'S GALLEY	DECK 9, AFT	7:00 AM -	9:00 AM
		10:45 AM -	6:00 PM
ICE CREAM AT GOOFY'S GALLEY	DECK 9, AFT	10:30 AM -	12:00 AM
PINOCCHIO'S PIZZERIA	DECK 9, MID	11:00 AM -	6:00 PM
		9:30 PM -	12:00 AM
PLUTO'S DOG HOUSE	DECK 9, AFT	11:00 AM -	9:30 PM
ROOM SERVICE	DIAL 6801 OR 6	5802	24 Hours

#### ENTERTAINMENT - LOUNGES - BARS

Adults must be 21 and older to consume alcoholic beverages.

CADILLAC LOUNGE (18+)	DECK 3, FWD	6:00 PM -	12:00 AM
COVE CAFE (18+)	DECK 9, MID	6:30 AM -	12:00 AM
DIVERSIONS (18+ AFTER 9:00 PM)	DECK 3, FWD	12:00 PM -	12:00 AM
INTERNET CAFE	DECK 3, AFT		24 Hours
OUTLOOK CAFE (18+)	DECK 10, MID	10:00 AM -	12:00 AM
PINOCCHIO'S PIZZERIA	DECK 9, MID	9:30 AM -	12:00 AM
PLUTO'S DOG HOUSE	DECK 9, AFT	10:30 AM -	6:00 PM
PRELUDES	DECK 4, FWD	5:30 PM -	9:00 PM
PROMENADE LOUNGE	DECK 3, AFT	8:00 AM -	12:00 AM
SIGNALS (18+)	DECK 9, FWD	9:30 AM -	11:00 PM
STUDIO SEA	DECK 4, MID		SHOWTIMES
WAVEBANDS (18+)	DECK 3, FWD	7:00 PM -	2:00 AM

Public Health Advisory: Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk for food borne illness, especially if you have certain medical condition