

We're taking our first cruise that includes port visits to cities along Mexico's West Coast. We love Mexican food, but friends warn us not to eat pre-cooked foods on sale from local carts. What's your opinion? *MAF, Troy NY*

A: As a general rule, your friends are correct. You don't know the ingredients nor how long the cooked food has been sitting out in the tropical sun. Don't take a chance on illness that will spoil your cruise. If you want to dine on local ethnic food, look for carts that prepare it while you watch, or dine at a local restaurant.

