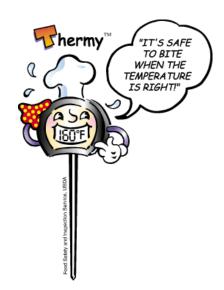


Food Safety: COOK IT SAFELY!¹

Jennifer Hillan²

How can you reduce the risk of getting sick from bacteria in food?

Elder Nutrition and Food Safe Cook food to a high enough temperature to kill the harmful bacteria! You can't just look at food to tell if it is safely cooked, so use a food thermometer. Cook foods to these safe temperatures:



Place the thermometer in the thickest part of the food—away from bone, fat, and gristle.

Food	°F
Ground beef, pork, veal, lamb	160
Ground turkey, chicken	165
Fresh beef, veal, lamb—medium rare	145
Fresh beef, veal, lamb—medium	160
Fresh beef, veal, lamb—well done	170
Poultry	165
Fresh pork—medium	160
Fresh pork—well done	170
Ham—fresh, raw	160
Ham—pre-cooked (to reheat)	140
Eggs cook until white & yolk are firm	
Egg dishes	160
Fish cook until opaque & flakes easily with a fork	
Leftovers, stuffing, casseroles	165

- 1. La versión en español de este documento es *Cuidado de Alimentos: ¡Cocine a la Temperatura Adecuada!* (FCS8633-Span). This document is FCS8633, one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, IFAS, University of Florida, Gainesville, FL 32611. First published: February 2000. Revised: August 2006. Please visit the EDIS Web site at http://edis.ifas.ufl.edu.
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