

Food Safety: COOK IT SAFELY!¹

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

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

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