

Food Thermometers Aren't Just for Turkey



Use a food thermometer when cooking meat, poultry and egg dishes. It's the only way to **Be Food Safe®!**

Everyone is at risk for foodborne illness. One way to prevent illness is to use a food thermometer to check the internal temperature of meat, poultry and egg dishes. This keeps you safe from harmful food bacteria and helps avoid overcooking.

“Is it *done* yet?”

You can't tell by looking. Use a food thermometer to be sure.





How to Use a **Food Thermometer**

1. Use an **instant-read food thermometer** to check the internal temperature toward the end of the cooking time, but before food is expected to be “**done**.”

Large-dial oven-safe or oven-probe

thermometers may be used for the duration of cooking. Follow the instructions for your food thermometer - there are many different types.

2. The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
3. Compare your thermometer reading to the USDA Recommended **Safe** Minimum Internal Temperatures to determine if your food has reached a safe temperature.
4. Make sure to **clean** your food thermometer with hot soapy water before and after each use!



USDA Recommended **Safe Minimum** Internal Temperatures

"Is it **done** yet?"

You can't tell by **looking**. Use a **food thermometer** to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Steaks & Roasts
145 °F



Fish
145 °F



Pork
160 °F



Ground Beef
160 °F



Egg Dishes
160 °F



Chicken Breasts
165 °F



Whole Poultry
165 °F

www.IsItDoneYet.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture
Food Safety and Inspection Service

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Slightly Revised April 2006



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For more healthy eating information contact the
University of Maryland Cooperative Extension Office
in Baltimore County at 410-666-0445.

www.BaltimoreCounty.umd.edu