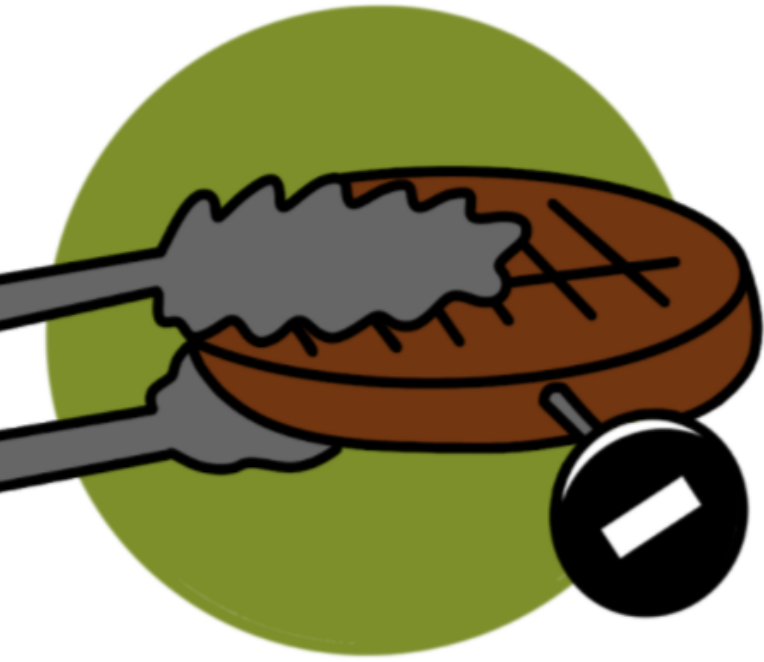


Using a Food Thermometer



Factors such as color and texture are not reliable indicators for determining when a food is fully cooked.

Taking the temperature with a food thermometer is **the only way to accurately measure doneness of food.**

- **135°F for 15 seconds:**
Commercially processed, fully cooked foods
- **145°F for 15 seconds:**
Fish, eggs and whole cuts of beef, pork and lamb
- **155°F for 15 seconds:**
Ground meats, except poultry
- **165°F for <1 second:**
All poultry, stuffed foods, and food reheated for hot holding

Accuracy should be checked at least once a day, when dropped and when exposed to extreme temperatures.

If incorrect, calibrate the thermometer.

Measure temperature in the center or thickest part of food.