# Cook Food to the Right Temperature

Why be concerned about cooking food to the right temperature?

According to the Centers for Disease Control and Prevention (CDC), approximately 48 million Americans get sick from a foodborne illness every year. Improper cooking of food is one of the five risk factors contributing to foodborne illness. If food does not reach its recommended cooking temperature, harmful bacteria like Salmonella and E-Coli can grow and cause us to become sick.

What are the correct temperatures for cooking food?

- Raw eggs - cook to a minimum of 145° F for 15 seconds if you plan to eat them right away.
- Whole cut meats (such as fish, beef, and pork) - cook to a minimum internal temperature of 145° F for 15 seconds.
- Comminuted meats (such as ground beef, pork, and lamb) - cook to a minimum internal temperature of 155° F for 17 seconds.
- Poultry and stuffed meats - cook to a minimum internal temperature of 165° F for 1 second.
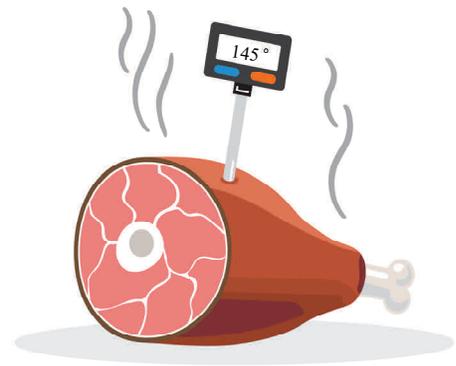
Can you eat meats that are undercooked or raw?

Meats, such as eggs, beef, and fish, can be consumed undercooked or raw. However, eating undercooked and raw meats increases the chances of getting a foodborne illness. If you are immunocompromised, do not consume any raw meats as you are at an even higher risk of illness.

For more information visit: www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures