

Smart Choices

A Community Nutrition
Education Program



Fix It Fast

Is It Done Yet?

You can't tell by *looking*.

Use a *food thermometer* to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Beef, Veal, Lamb
Steaks & Roasts
145 °F



Fish
145 °F



Pork
160 °F



Beef, Veal,
Lamb Ground
160 °F



Egg Dishes
160 °F



Turkey, Chicken & Duck
Whole, Pieces & Ground
165 °F

www.IsItDoneYet.gov

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



United States Department of Agriculture
Food Safety and Inspection Service

USDA is an equal opportunity provider and employer
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This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com