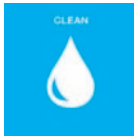


## KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at [FoodSafety.gov](http://FoodSafety.gov)

### SAFE MINIMUM INTERNAL TEMPERATURES

*As measured with a food thermometer*

Beef, pork, veal and lamb (roast, steaks and chops)

145 °F with a 3-minute “rest time” after removal from the heat source.

Ground Meats

160 °F

Poultry (whole, parts or ground)

165 °F

Eggs and egg dishes

160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.

Leftovers

165 °F

Fin Fish

145 °F

### Safe Cooking Guidelines

Shrimp, Lobster, Crabs

Flesh pearly and opaque

Clams, Oysters and Mussels

Shells open during cooking

Scallops

Milky white, opaque and firm



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