



## STEP 3: COOK

# FOOD SAFETY QUICK TIPS



### Heat it before you eat it

Use a food thermometer to check that your food has reached a safe temperature.

**145 °F** for seafood

**145 °F** with a 3-minute rest time for beef, pork, and ham

**160 °F** for ground meat, meat mixtures, and egg dishes

**165 °F** for poultry, microwaved foods, and reheated leftovers



### Doughs are don'ts

Eggs and flour are not safe to eat unless fully cooked.



### Turn the tables

When microwaving, make sure to rotate food to allow for even heating. Always follow directions for cooking and standing time.



### Dish it out

When eating at restaurants, avoid foods that contain raw or undercooked egg, meat, poultry, or seafood. Ask the server if you aren't sure.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at [www.fda.gov/food](http://www.fda.gov/food)

**EVERYDAY FOOD SAFETY**