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

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.

Doughs are don’ts

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

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