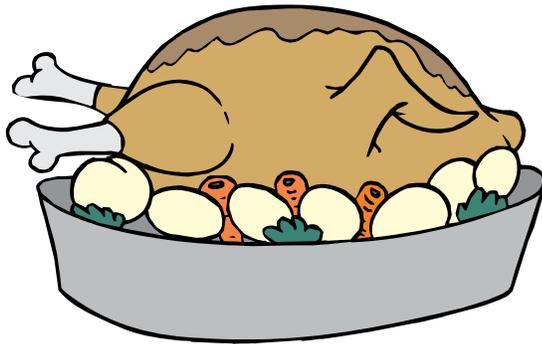


Turkey Tips



Academy of Nutrition
and Dietetics



A Quick Guide to Thawing and Cooking the Perfect Turkey

As family and friends gather at your dinner table this holiday season, make sure you keep out unwanted guests—harmful bacteria that can cause foodborne illness. Thawing and cooking the star of your holiday dinner—the turkey—are the most important steps in making sure your dinner is both safe and delicious!

Thaw*

Turkey Size	In the Refrigerator (Approximately 24 hours for every 4-5 lbs.)	In Cold Water** (Approximately 30 minutes per lb.)
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4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

*If thawing in the microwave, follow the instructions on your owner's manual for your size turkey, minutes per pound and power level to use. Make sure to cook the turkey immediately after thawing.

**Cold water should be changed every 30 minutes.

Cook

Set the oven to 325°F and cook to an internal temperature of 165°F*

Turkey Size	Unstuffed	Stuffed**
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4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	2 ½ to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

*Check internal temperature with a food thermometer.

**The temperature of a whole turkey and stuffing must reach 165°F. For safety and uniform doneness of turkey, it is recommended to cook stuffing separately.

Store

- ✓ Remember to always discard any turkey, stuffing or gravy left out at room temperature for longer than two hours.
- ✓ Divide leftovers into smaller portions and refrigerate or freeze in sealed containers.
- ✓ Use refrigerated leftovers within three to four days and frozen leftovers within two to six months.
- ✓ All stored leftovers should be reheated to an internal temperature of 165°F.

