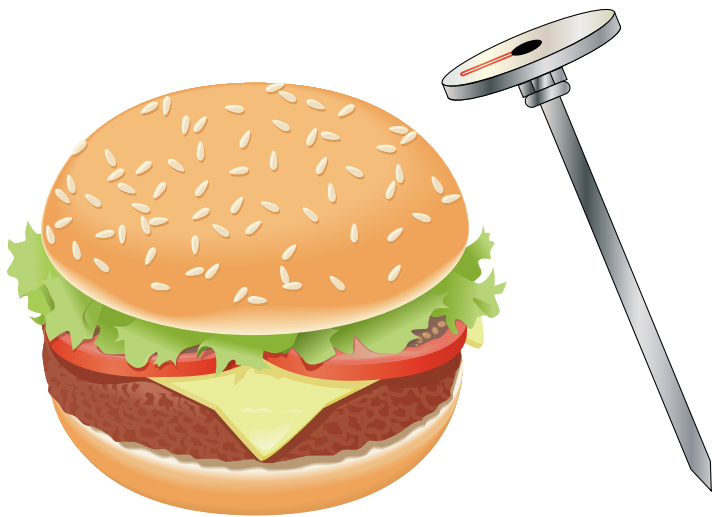


# Using a Food Thermometer

## *Does that burger look done?*

One out of every four hamburgers turns brown before it's been cooked to a safe minimum internal temperature. So don't rely upon color or texture alone to determine if meat, poultry or egg dishes are safe to eat.

A food thermometer is the only way to determine if foods are fully cooked.



- ✓ When you think your food is cooked, place the food thermometer in the thickest part of the food, making sure the tip does not touch bone, fat or gristle.
- ✓ Wait the amount of time recommended for your type of thermometer. See manufacturer's instructions.
- ✓ Compare your thermometer temperature to the safe internal temperatures listed on the free [Is My Food Safe? app](#) or the [Safe Grilling Guide](#) on [HomeFoodSafety.org](#).
- ✓ Some foods, including fresh beef, veal, lamb, pork and raw ham, need three minutes of rest time after cooking to make sure harmful germs are destroyed.
- ✓ Clean your food thermometer with hot, soapy water after each use.

For more tips, visit [www.HomeFoodSafety.org](http://www.HomeFoodSafety.org) and download the free [Is My Food Safe? app](#).

