

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less December 2009

Make Sure Food Is Cooked To The Recommended Temperatures.

"Is it *done* yet?"

You can't tell by *looking*. Use a **food thermometer** to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Steaks & Roasts
145 °F



Fish
145 °F



Pork
160 °F



Ground Beef
160 °F



Egg Dishes
160 °F



Chicken Breasts
165 °F



Whole Poultry
165 °F

www.IsItDoneYet.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture
Food Safety and Inspection Service

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Slightly Revised April 2006

Ground Meat & Poultry

The color on the inside of a cooked burger is not a way to tell if it is done. A food thermometer is the only way to tell if the burger is done to 160°F.

Ham

Hams can be fresh, "cook-before-eating", cooked, picnic, and country types. The storage times and cooking times will vary among the different kinds of hams. It is important for you to read the package label so you know how to properly store and cook your ham.

More Cooking Tips...

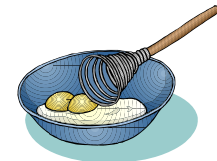
Poultry (chicken & turkey)

It is best to cook stuffing outside the bird in a casserole dish. Use a food thermometer to make sure stuffing reaches 165°F. Check the temperature of the cooked bird in the innermost part of the thigh and wing and thickest part of breast where it should read 165°F.



Eggs

Always cook eggs until yolks are firm. **Never** eat raw eggs in anything, including raw cookie dough.



Fish

Cook fish to 145°F. When it is done, it easily flakes with a fork and is opaque (cloudy, not clear). Young children, pregnant women, senior citizens, and people with weakened immune systems **should not** eat raw or undercooked fish or shellfish.

Turkey Pie (4 servings)

1-1/2 cups chopped cooked turkey	1-1/2 cups canned or cooked peas
1/4 cup diced celery	1-1/2 cups turkey gravy
2 Tablespoons minced onion	1 cup seasoned mashed potatoes
3/4 cup cooked carrots	

1. Place turkey in bottom of deep pie pan or shallow baking dish.
2. Mix together the celery, onions, carrots and peas; put on top of turkey.
3. Pour gravy on top of vegetables. Spoon mashed potatoes around edge of dish.
4. Bake at 425 degrees for 20 minutes or until hot all the way through.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 5 g ~ calories from fat 50 ~ sodium 650 mg ~ total carbohydrate 24 g ~ fiber 4 g



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.