

# Cooking Food Safely

Good nutrition is important at any age

**Food can cause illness when it is not cooked well.** Preparing food at its proper internal cooking temperature will make sure that it is safe and ready to eat.

## FOOD THERMOMETER

The best way to know if your food is safe to eat is by using a food thermometer. You can buy a food thermometer at grocery, hardware, or kitchen/restaurant supply stores.

### Food thermometer tips:



Leave the thermometer in for 30 seconds before reading



Test thin foods (e.g., hamburger) 1 minute after removing heat



Test thick foods (e.g., roast) 5-10 minutes after removing heat



Test in a few different places on foods with irregular shapes



Wash the thermometer in hot, soapy water after each use

# INTERNAL COOKING TEMPERATURES

<b>Beef, veal, and lamb</b>	<b>Temperature</b>
Ground meat (burgers, meatballs, sausages)	71°C (160°F)
Roast, steak, filet (medium rare)	63°C (145°F)
Roast, steak, filet (medium)	71°C (160°F)
Roast, steak, filet (well done)	77°C (170°F)
<b>Ham, pork loins, and pork ribs</b>	<b>Temperature</b>
Ground meat (burgers, meatballs, sausages)	71°C (160°F)
Pieces and whole	71°C (160°F)
<b>Poultry and eggs</b>	<b>Temperature</b>
Ground chicken or turkey (burgers, meatballs, sausages)	74°C (165°F)
Frozen raw, breaded products	74°C (165°F)
Pieces (wings, breasts, legs, thighs)	74°C (165°F)
Whole poultry	82°C (180°F)
Egg dishes	74°C (165°F)
<b>Seafood</b>	<b>Temperature</b>
Fish	70°C (158°F)
Shellfish	74°C (165°F)
<b>Other</b>	<b>Temperature</b>
Leftovers*	74°C (165°F)

\*Internal cooking temperatures may differ. More information can be found [here](#).

**Bacteria grows quickly between 4°C to 60°C (40°F to 140 F).  
When finished cooking, keep food at or above 60°C (140°F).**

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.  
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