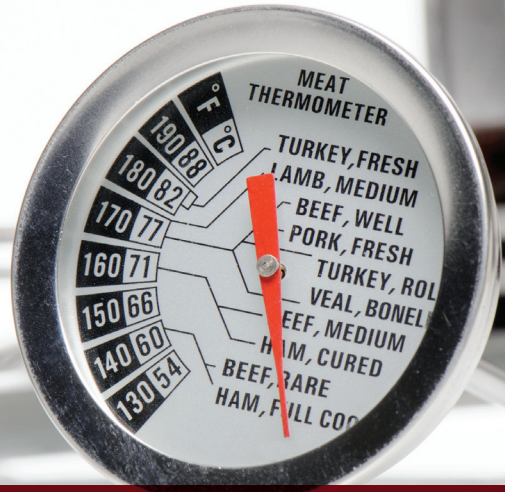


# IS IT DONE?



The most accurate way to know if food is done is by using an instant-read or meat thermometer. Be sure to follow individual recipes for optimal end temperatures; however, the following chart can be used as a guide for minimum safe temperatures.

<b>BEEF, MEDIUM-RARE</b> .....	<b>145°F</b>
<b>BEEF, GROUND</b> .....	<b>160°F</b>
<b>FISH</b> .....	<b>145°F</b>
<b>PORK, CHOPS OR TENDERLOIN</b> ..	<b>160°F</b>
<b>PORK, ROAST</b> .....	<b>150°F</b>
<b>PORK, GROUND OR SAUSAGE</b> ....	<b>155°F</b>
<b>POULTRY</b> .....	<b>165°F</b>
<b>CASSEROLES</b> .....	<b>165°F</b>
<b>PREVIOUSLY COOKED FOODS</b> ....	<b>165°F</b>