

# MYTH:

“Once a hamburger turns brown in the middle, it is cooked to a safe internal temperature.”

**FACT:**

*You cannot use visual cues to determine whether food has been cooked to a safe minimum internal temperature.*

*The ONLY way to know that food has been cooked to a safe minimum internal temperature is to use a food thermometer.*

- ✓ *Ground meat should be cooked to a safe minimum internal temperature of 160 °F, as measured by a food thermometer.*