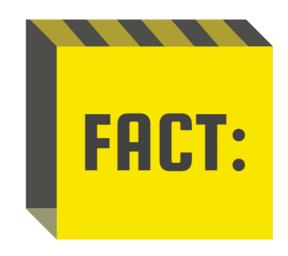


MYTH:

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







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.

