

## safe cooking temperatures

### Cancer

Consuming undercooked food increases the risk of developing a foodborne illness. Patients receiving cancer treatments have weakened immune systems, this also increases the risk of developing a foodborne illness. To help reduce the risk, properly cooking and handling food is important.

**Below are some cooking tips to help you stay free from foodborne illness. See the table to the right for safe internal cooking temperatures of various foods.**

- Use a food thermometer to measure the internal temperature of red meat, poultry, eggs and fish.
- Check out the [USDA Food Safety & Inspection Service Page](#) for information on how to use a food thermometer.
- Never consume food that is undercooked.
- Always wrap or cover food promptly. Refrigerate or freeze items within one hour of cooking to limit the growth of bacteria.
  - Keep the refrigerator set between 34 °F and 40 °F.
  - Keep the freezer set at 0 °F or below.
- Always thaw frozen meat or poultry in the microwave, refrigerator or in cold water. Never thaw on the counter at room temperature.
- Never consume foods past the expiration date on the label. When in doubt, throw it out!
- Check out the *Eat This, Not That* and *Food Safety Tips: Grocery and Home* handouts for additional information on staying safe around food and cooking.
- Follow the proper food handling guidelines:
  - **Clean:** wash hands and surfaces often
  - **Separate:** keep raw meat and poultry separate from ready-to-eat foods
  - **Cook:** cook foods to safe internal temperatures
  - **Chill:** chill perishable foods within 1 hour

Safe Internal Temperatures	
<b>Steaks and Roasts</b>	145 °F
<b>Fish</b>	145 °F
<b>Pork</b>	160 °F
<b>Ground Beef</b>	160 °F
<b>Egg Dishes</b>	160 °F
<b>Chicken Breast</b>	165 °F
<b>Whole Poultry</b>	165 °F
<b>Hotdogs</b>	Reheat until steaming hot or 165 °F

Foodborne Illness Symptoms
Fever
Nausea and Vomiting
Dehydration
Upset Stomach
Stomach Cramps
Diarrhea

*\*Seek medical attention immediately if you think you are suffering from a foodborne illness.*