

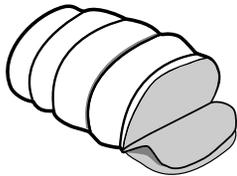
# HOW TO

## Cook Food to prevent illness



**145°F**

- **Roast beef**



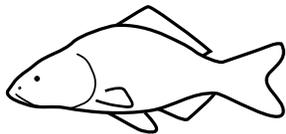
- **Lamb**



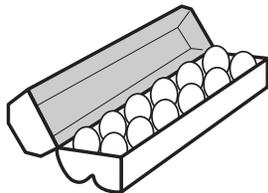
- **Seafood**



- **Fish**

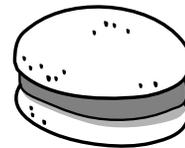


- **Eggs**

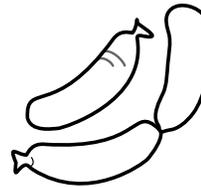


**155°F**

- **Ground meat**



- **Sausages**



- **Beef steak**



**165°F**

- **Chicken, turkey, duck, or goose**

- **Stuffing or any stuffed meat, poultry, or fish**

