



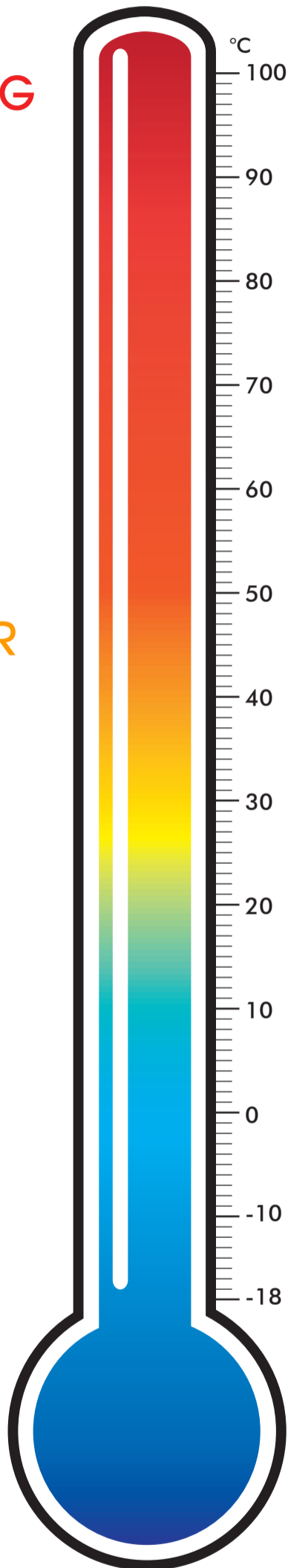
Safe Temperatures

to prevent food poisoning

**COOKING
ZONE**

**DANGER
ZONE**

**COLD
ZONE**



100 °C

at boiling point bacteria will be destroyed



83 °C

the internal temperature of reheated food should reach 83 °C

72 to 100 °C

most bacteria are killed quickly at these temperatures



75 to 80 °C

poultry and meat are safest between these internal temperatures

63 °C

bacteria is gradually killed above this temperature

37 °C

ideal temperature for bacteria to grow

5 to 63 °C

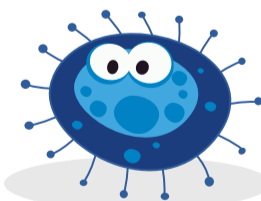
never leave perishable foods in the danger zone for more than two hours

2 to 4 °C

stored food is safe at 4 °C for short periods of time but it's better stored at 2 °C

-18 °C

at deep freeze bacteria won't grow but may not die either



The above is only a guide - always check the core temperature of food with a probe thermometer

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