



SAFE COOKING TEMPERATURES

145°F

Pork

- Ham
- Roasts
- Chops

Red Meat

- Steaks
- Roasts

Seafood

- Fish
- Shellfish

160°F

Egg Dishes

Ground Meat

- Pork
- Red meat

165°F

Leftovers

Chicken and Other Poultry

- Ground
- Whole
- Pieces



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FOR MORE HEALTHY
AGING INFORMATION:



FoodSmart
COLORADO



<https://foodsmartcolorado.colostate.edu/>

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FOOD SAFETY FOR HEALTHY AGING



Tips and ideas to
optimize your health

FOUR STEPS TO FOOD SAFETY

1 Clean

Wash hands, utensils, and food surfaces before and after food preparation. Rinse produce right before preparation.

2 Separate

Raw meat, poultry, seafood, and eggs can spread bacteria to ready-to-eat foods—unless you keep them separate.

- Use separate cutting boards and plates for raw food preparation and ready-to-eat foods.
- Store raw foods below ready-to-eat foods in refrigerator.

3 Cook to safe temperatures

Food is safely cooked when the internal temperature is high enough to kill germs that make you sick. Follow safe food cooking temperatures in this brochure. Using a food thermometer is the only way to ensure food is being cooked to a safe temperature.

4 Chill

Refrigerate food promptly or within 2 hours. Set refrigerator temperature between 35 - 40°F.



STORING & HEATING LEFTOVERS

Two-hour rule

Throw away perishable foods that have been at room temperature for more than two hours or one hour if exposed to temperatures above 90°F.



Three day storage



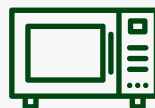
Store leftovers in a covered container in the refrigerator. Plan to eat or freeze within 3 days. It can be helpful to label with the date.

Refrigerator organization

Store leftovers in clear containers and keep near the front of the refrigerator as a reminder to consume them.



Reheating



Reheat food to 165°F or until steaming hot. Use a microwave- or oven-safe dish, not a delivery or take-out container.

WHY IS FOOD SAFETY IMPORTANT?

As we age, we become more susceptible to foodborne illness due to changes in immune health, slower rates of digestion, and decreased acidity of the stomach.

Symptoms of foodborne illness:

- Nausea
- Vomiting
- Diarrhea
- Abdominal cramps
- Fever

Foodborne illness can lead to:

- Kidney failure
- Chronic arthritis
- Brain and nerve damage
- Death

