

Temperaturas recomendadas para los alimentos

Utilizar un termómetro para alimentos, es la **ÚNICA** manera fiable de garantizar la seguridad de los alimentos.

- 165° F ...** Carne de ave, carne de ave molida
Relleno de carne de ave, carne y pesca
Cocimiento en horno de microondas y recalentamiento
Recalentamiento de sobras
- 155° F ...** Carne molida y pescado
Carne inyectada (p. ej. ablandada)
- 145° F ...** Carne, pescado y huevos crudos con cascarón
- 135° F ...** Mantener calientes los alimentos
- 41° F ...** Mantener fríos los alimentos
Carne = res, puerco y cordero
Carne de ave = pollo, pavo, pato y ganso



Esas son las temperaturas **minimas** para los alimentos que el Reglamento de Establecimientos Alimenticios de Texas exige.

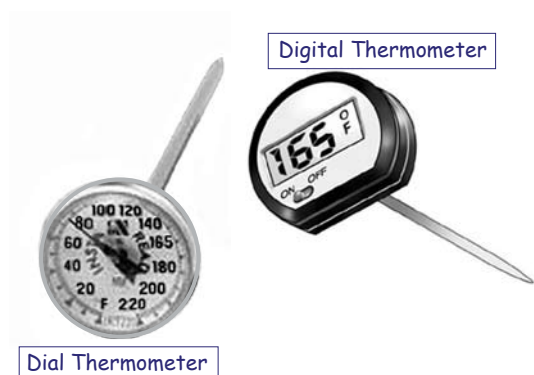
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RECOMMENDED Safe Food Temperatures

Using a food thermometer is the **ONLY** reliable way to ensure food safety.

- 165° F ...** Poultry, ground poultry
Stuffing with poultry, meat & fish
Microwave cooking & reheating
Reheating leftovers
- 155° F ...** Ground meat & fish
Injected meat (i.e. tenderized)
- 145° F ...** Meat, fish & raw shell eggs
- 135° F ...** Hot holding of foods
- 41° F ...** Cold holding of foods
Meat = beef, pork & lamb
Poultry = chicken, turkey, duck & goose



These are the **minimum** safe food temperatures required by the Texas Food Establishment Rules.

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