



PMI

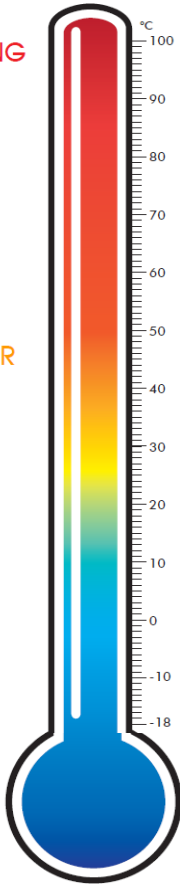
Safe Temperatures

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

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

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

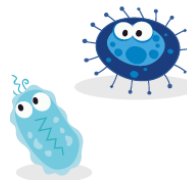
72 to 100 °C

most bacteria are
killed quickly at
these temperatures



5 to 63 °C

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



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P M INSTRUMENTATION CC

44 Henrietta Road, Norwood, 2192, Johannesburg, South Africa
tel +27 (011) 728-6099 • fax +27 (011) 728-5562 • info @pminstrumentation.co.za