

Mayo Clinic Minute

Look Closely at Beef Labels

Video	Audio
Vivien Williams	For meat eaters, a sizzling steak is a summertime joy. But, before you pop it on the grill, pay attention to the label, because mechanical, or blade tenderization methods, for beef, could increase your risk of a foodborne infection.
Pritish Tosh, M.D. Infectious diseases Mayo Clinic	“The concern about these mechanically tenderized meats is that when you start poking into the meat, you’re making what was on the outside now get into the inside.”
Vivien Williams	Mayo Clinic infectious diseases specialist Dr. Pritish Tosh says mechanically tenderized meat is pierced with blades to make it easier to chew. This type of meat should be cooked to a minimum internal temperature of 145 degrees Fahrenheit to kill bacteria such as E. coli.
Vivien Williams	How do you know if the meat you buy has been mechanically tenderized? The USDA now requires all meat processed this way to have labels that alert consumers. The new labels also include instructions on how to cook it safely. For the Mayo Clinic News Network, I’m Vivien Williams.