

Mayo Clinic Minute

Practical tips for leftover foods

Video	Audio
	How long can you keep leftovers before they go bad?
Donald Hensrud, M.D. Healthy Living Program Mayo Clinic	"It varies as to how long we should keep them in the refrigerator before we eat them."
	Dr. Donald Hensrud says cooked leftovers, especially meat and eggs, should be refrigerated and eaten within two or three days. Otherwise your risk of foodborne illnesses caused by bacteria increases.
	"In general, our food supply here is pretty healthy. There are other countries, they don't have the sanitation, there's a lot more foodborne diseases. People should use common sense."
	If you know you're not going to eat leftovers within a few days, or if you're cooking in bulk for future meals, Dr. Hensrud says to freeze food immediately after cooking. When you reheat it, make sure the internal temperature reaches 165 F or 74 C. For uncooked foods, such as salads, refrigerate leftovers as soon as possible and discard them if they're not eaten within two or three days.
	"There's always the good old common-sense sniff test. If it doesn't smell good or look good, don't eat it."
	For the Mayo Clinic News Network, I'm Jason Howland.