

## Mayo Clinic Minute: Should you wash your raw meats and vegetables before cooking?

Video	Audio
	Gathering family and friends together for a home-cooked meal should bring joy. The last thing you want is unexpected food poisoning.
Anya Hill Dietitian Mayo Clinic	"It's important to remember to wash your hands frequently, keep foods at proper temperatures and cook meats to proper temperatures to avoid any foodborne illness."
Woman rinses cabbage	Rinsing vegetables to rid them of loose grit or lingering dirt helps reduce germs. But when it comes to meat and poultry, that's another story.
	"Some people think they are supposed to wash their meats and chicken before cooking. I recommend not washing them because that puts you at risk for spreading the bacteria around your kitchen and around yourself."
	Cooking raw chicken straight from the package is safe, says the Food and Drug Administration, because modern food safety systems have been greatly improved. Bringing meats to their proper temperatures will destroy any foodborne-illness-causing bacteria.
	Chicken and all poultry products are safe to eat at 165 degrees F. Beef, pork and lamb should be cooked to 145 degrees F, and ground meats are safe to eat at 160 degrees F.
	By following a few simple tips, you can feed those you love the food you love — safely.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.