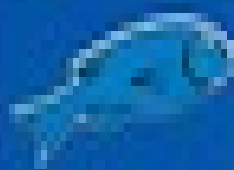


Colour Selector Chart



blue



cooked seafood

white



dairy products

green



fruits/vegetables

red



cooked meat

brown



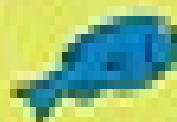
cooked food

orange



cooked poultry

Proper Cooking Temperatures



Seafood

63°C for 15 seconds



Steak

63°C for 15 seconds



Pork

63°C for 15 seconds



Beef or Pork Roast

63°C for 3 minutes



Ground Meat

63°C for 15 seconds



Poultry

74°C for 15 seconds