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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Brown Burgers May Look Done, But Are They?**

**By News Canada**

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**by: News Canada**

(NC)—According to Health Canada, summer chefs who cook ground beef burgers on gas grills could have a food safety problem if they rely solely on colour—rather than an instant—read food thermometer—to determine if their patties are adequately cooked. For example, sometimes previously frozen beef burgers may turn brown in the middle before they reach a temperature high enough to kill harmful E. coli bacteria.

That's why it's so important to always use an instant—read food thermometer when cooking hamburgers to check that the burgers reach 71° C (160° F). At this temperature,

E. coli is killed and the hamburgers are considered safe to eat. For more information on food safety, visit the Canadian Partnership for Consumer Food Safety Education Web site at

[www.canfightbac.org](http://www.canfightbac.org)

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## Brown Burgers May Look Done, But Are They?

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### **Hot Enough For You? Only The Thermometer Knows**

**By News Canada**

(NC)—When it comes to preparing ground beef, it's not easy to tell if it's properly cooked. Many people guess that their burgers are done when they're brown. However, ground beef can turn brown before disease-causing bacteria, such as E. coli O157:H7, are killed.

Canada's food is among the safest in the world, but bacteria are everywhere, including in ground beef. If food isn't handled safely, harmful bacteria can multiply to dangerous levels and make you sick. According to Health Canada, using a food thermometer is the best way to ensure that food has reached a temperature high enough to destroy harmful bacteria. Thanks to new technologies, food thermometers are now easier than ever to use, even in thin foods like hamburgers.

Food thermometers are available in lots of different shapes and sizes –disposables, pop-ups, digitals, dials—even in the tips of barbecue forks! However, not all types are appropriate for testing beef patties. Use a suitable temperature measuring device, such as a single-use temperature indicator, an instant-read fork-style thermometer, or an instant-read digital thermometer inserted in the centre of the beef patty to measure its internal temperature. For a tasty, safely-cooked burger, the internal temperature must be 71°C (160°F).

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