



Family Nutrition In Action

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Let's Talk Turkey!

It's that time of year again! Many of us will soon be gathering with family and friends to celebrate Thanksgiving, also known as Turkey Day. If you're planning to have turkey this year, read on to learn some turkey basics.



Fresh or Frozen?

It's up to you! But only buy a fresh turkey if you will cook it within two days. And don't buy a prestuffed **fresh** turkey.

Take the turkey straight home and refrigerate or freeze it right away.

Thaw it Safely

Choose one of these ways to thaw a turkey safely. Never thaw at room temperature!

- Cold water—Leave turkey in its airtight package and submerge in cold water. Change the water every 30 minutes. This takes about 30 minutes

for every pound of turkey. Cook within two days.

- Refrigerator—Make sure the juices won't drip on other food. This takes about 24 hours for every 5 pounds of turkey. Cook within two days.
- Microwave—Cook turkey immediately after defrosting in the microwave.

Keep prestuffed turkeys frozen until ready to cook. Do not thaw.

To Stuff or Not to Stuff?

To reduce the risk of foodborne illness, don't stuff the turkey. Instead, cook the stuffing separately in a casserole dish. If you decide to stuff the turkey, use a food thermometer to make sure the middle of the stuffing reaches 165°F and the turkey thigh reaches 180°F.

Cooking

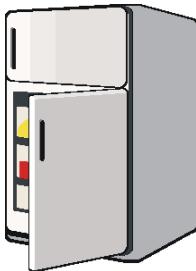
Use a food thermometer to make sure your turkey is safe to eat. Place the thermometer in the turkey thigh and cook your turkey at 325°F. The turkey is done



when the temperature in the thigh is 180° F (about 3 hours for an 8-12 pound, unstuffed turkey).

Never partially cook a turkey and then refrigerate to finish cooking later. Bacteria can grow on the turkey and cause foodborne illness.

What About Leftovers?



Refrigerate or freeze all leftovers within two hours of cooking. It's best to cut the turkey off the bone and store in shallow containers.

For more information,
call the Meat and Poultry
Hotline: 1-800-535-4555
(toll-free).



What's in a Turkey?

Turkey is a good source of protein, B vitamins, selenium, and zinc. It also has fat, saturated fat, and cholesterol, but most of the fat is in the skin.

Cook Your Sprouts!

To reduce your risk of foodborne illness, don't eat raw sprouts. Instead, cook all sprouts thoroughly, even homegrown ones.

Alfalfa and other sprouts can cause foodborne illness if they have the bacteria *Salmonella* or *E. coli*.

The illness causes diarrhea, nausea, cramping, and fever in healthy people. Children, elders, and people with weak immune systems can have more serious illnesses. If you have any of these symptoms after eating sprouts, see a doctor immediately.

Local Family Nutrition Program:



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