

FOOD SAFETY for MECHANICALLY TENDERIZED BEEF

MTB accounts for about



servings of steaks and roasts each year.



About 1 in 6 Americans get foodborne illness every year by eating contaminated food, like undercooked meat.

STEAKS & ROASTS | COOK 'EM SAFELY!

145°F

minimum internal temperature as measured by a food thermometer

+

3min

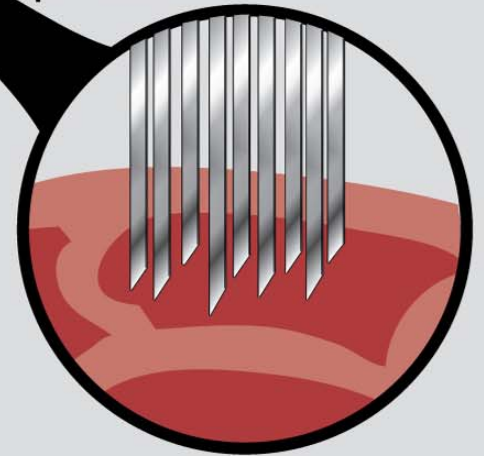
rest time off heat source before consuming

What is Mechanically Tenderized Beef (MTB)?

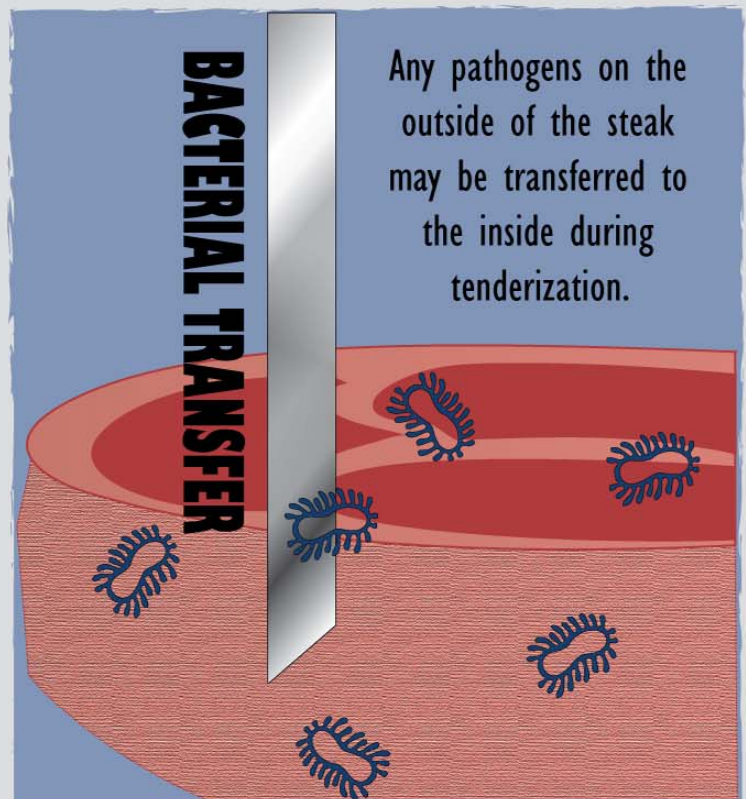


To increase tenderness, some beef goes through a mechanical tenderization process.

The meat is pierced with needles to break up muscle fibers.



THE RISK



United States Department of Agriculture

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