

# New Study Reveals 46 Percent Of E. coli Cases Came From Uncooked Beef

*Diners and householders may want to take extra precaution when dining out and as recent study reveals that 46 percent of E. coli cases came from beef.*

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/EINPresswire.com/ -- Diners and householders may want to take extra precaution when dining out and preparing beef following a recent study revealing that 46 percent of E. coli cases came from beef.

The study was conducted by Centers for Disease Control (CDC) over the course of a 4 year period. E. coli was among four major pathogens tested from 2008 to 2012. The other three pathogens tested were salmonella, lysteria and campylobacter. Ecoli is a common bacteria that can live in the intestines of even the healthiest of cattle. The meat



can become contaminated during slaughtering or processing.

Washing hands thoroughly when handling raw beef can help to prevent the spread of E.coli. The US Department of Agriculture (USDA) recently issued some temperature guidelines to ensure beef is properly cooked. The US Department of Agriculture (USDA) recently issued some temperature guidelines to ensure beef is properly cooked. The agency recommends a cooking temperature of 160 °F for ground beef, 115°F for rare beef, 145°F for medium-rare, 160°F for medium, 150°F for medium-well, and 170°F for well done.

An instant read thermometer such as the Chef Remi [meat thermometer](#) gives accurate temperature results in seconds. This thermometer features an LCD display and is quite easy to use. It can facilitate temperatures ranging from -58°F to 572°F (-50°C to 300°C) and is backed by a lifetime guarantee.

For those dining out, touching the meat to ensure that it is done breaches dining etiquette and playing the guessing game may put one's health at risk. Diners can also avoid consuming beef contaminated with E.coli by taking the temperature of the beef using the Chef Remi meat thermometer.

The thermometer is lightweight comes in a handy storage case which makes it quite convenient when dining out. The temperatures for beef when dining out differs a bit as these temperatures are taken

after resting which is usually between 5-10 minutes. The recommended resting temperatures for rare beef is 130°F, 135°F for medium rare, 145°F for medium and 155°F for medium-well.

There's no reason to avoid beef because of fear of contracting E. coli. All beef lovers can optimize food safety, by purchasing a Chef Remi meat thermometer. For further information visit:

<http://www.amazon.com/dp/B00RV3QAKS>.



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*Chef Remi*

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