Bacteria and temperatures

121°C

100°C

75°C

70°C

65°C

60°C

37°C

2°C

-10°C

-18°C

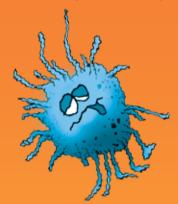
Cooking zone

Bacteria are killed quickly at these temperatures.

Danger zone

Never leave high-risk foods in the danger zone for too long.

Cooking at 121°C for 20 minutes will destroy most spores.



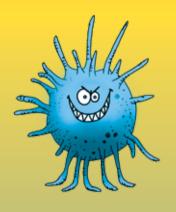
100°C Boiling temperatures will destroy bacteria in a few seconds.

Above 75°C bacteria are destroyed within 30 seconds.

70°C Bacteria are destroyed at this temperature but it takes some time. Keep food at this temperature for at least 3 minutes.

65°C Bacteria are destroyed at this temperature but it takes some time. Keep food at this temperature for at least 15 minutes.

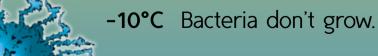
60°C Bacteria do not multiply but most are killed.



37°C is the ideal temperature for most pathogenic bacteria to grow.



Food is safe **5°C** or below. It is even better if food is stored at 2°C.



-18°C Ideal temperature for





5°C to 60°C

Keep potentially hazardous foods out of this temperature range.