









# Pink is the new White!

When **The Other White Meat®** is cooked properly, it's tender, juicy and flavorful. But due to the popular misconception that pink pork isn't safe, it's often overcooked. As long as pork is cooked to the right temperature, eat **The Other White Meat®** when it's still a little pink. This color guide will help you serve **The Other White Meat®** at its best.

A final temperature of 145°F within the meat is what you should be trying to reach. Whole muscle pork continues to cook after it has been removed from the pan, grill or oven. Let it rest with an instant-read thermometer displaying the internal temperature until it reaches a maximum temperature of 145°F. Here are some examples of how pork cooked to different final temperatures will look:

Remove <b>The Other White Meat®</b> from cooking. Put in your instant-read thermometer. It should read:	And the chop will look like:	
145°F after remaining in for 3 minutes	 safe, juicy & tender	
150°F after remaining in for 1 minute	 safe & tender	
160°F after remaining in for 1 second	 safe	
170°F after remaining in for 1 second	 safe, but ...	

These chops were typical in color, pH (5.6-6.0), and moisture/cooked from the thawed state to four safe endpoint time/temperature combinations (FDA Food Code). As you see, the chops that were cooked to lower (yet safe) endpoint temperatures will be slightly pink. And they will be more juicy, tender and flavorful than those cooked to 170°F or higher. Also, chops enhanced with a phosphate/salt solution had cooked color similar to non-enhanced chops.



Seek perfection. Use an instant-read thermometer to help you serve **The Other White Meat®** at its best—tender, juicy and flavorful.



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