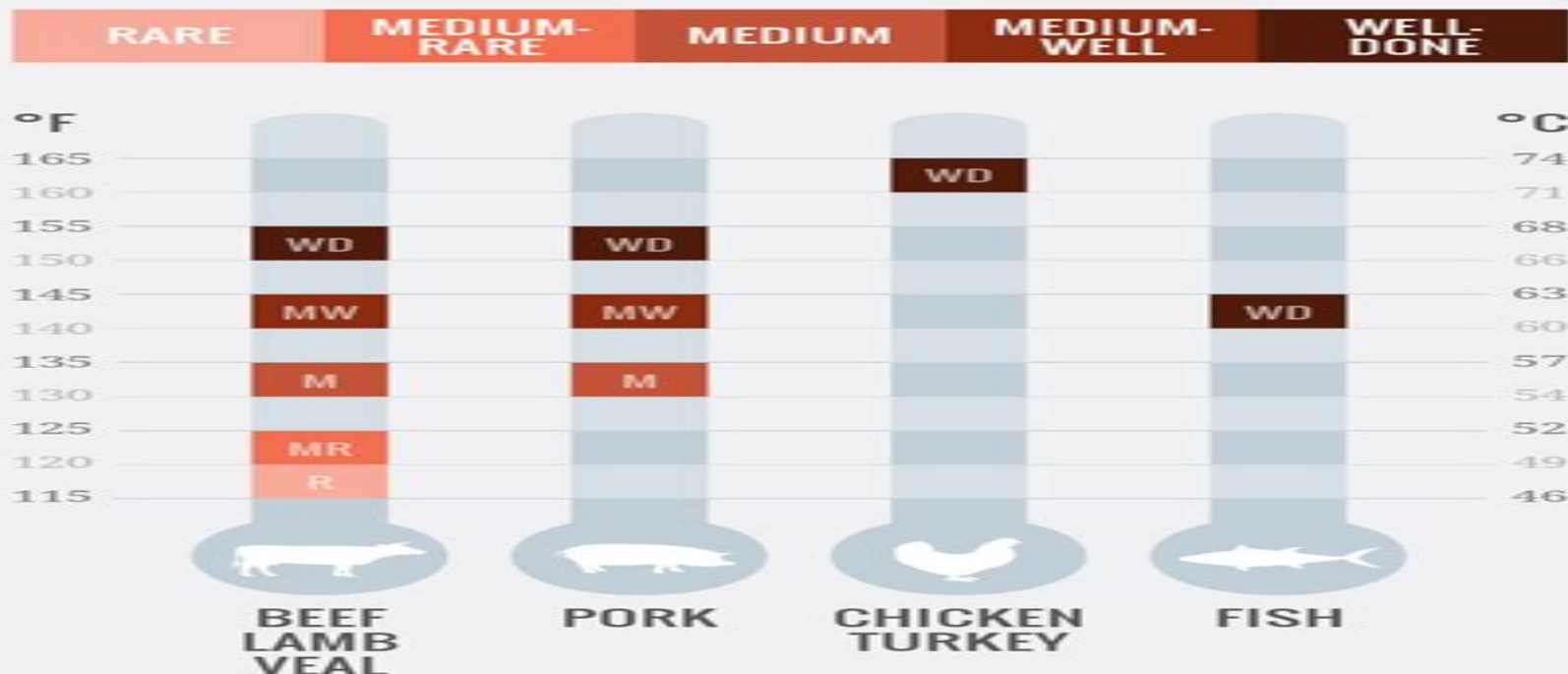


MEAT TEMPERATURE GUIDE

Get your grill on this summer with our meat temperature guide! Our temperature recommendations are just slightly lower than what you might typically see in other guides since we try to account for 'carryover cooking.'

Carryover cooking happens when ingredients continue to cook from residual heat even after you take it off its heat source. Meat still tends to cook for another few degrees after taken off heat, so cook them to the temps below and they'll be at the right doneness after resting.



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Meat Thermometer Guide

**Heidi McIndoo, M.S., R.D.,
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The Complete Idiot's Guide to Low-Sodium Cooking, 2nd Edition Heidi McIndoo, M.S., R.D., L.D.N., Shelly James, 2011-12-06 Features 50 delicious new recipes Includes new meal plan feature that targets readers daily sodium intake thresholds

The Complete Idiot's Guide to Low Sodium Meals Heidi McIndoo MS RD LDN, Shelly James, 2006-04-04 When someone is trying to curb his or her sodium intake preparing food that is tasty and nutritious can be difficult This book offers readers over 250 recipes the whole family can enjoy From appetizers to desserts and everything in between this book focuses on everyday recipes families will love put together with simple and flavourful salt substitutes Over 250 appealing easy to prepare recipes including snacks sauces and condiments categories often loaded with sodium Covers the many herbs and spices that can be used as salt substitutes and provides advice on how to find the hidden sodium content in unlabelled foods and when eating out More than 65 million Americans suffer from hypertension

Absolute Beginner's Guide to Cooking Deb Roussou, 2005 Cooking is a simple combination of food equipment and techniques that need not be complicated intimidating or terribly time consuming This book is recipe based and is organised to maximise cooking and minimise reading with time saving tips to make cooking easier The cooking lessons are the recipes themselves each with detailed steps to demonstrate the basics of the culinary arts Adapted from back cover

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The SBE Broadcast Engineering Handbook: A Hands-on Guide to

Station Design and Maintenance Jerry C. Whitaker, 2016-04-22 Up To Date Broadcast Engineering Essentials This encyclopedic resource offers complete coverage of the latest broadcasting practices and technologies Written by a team of recognized experts in the field the SBE Broadcast Engineering Handbook thoroughly explains radio and television transmission systems DTV transport information technology systems for broadcast applications production systems facility design broadcast management and regulatory issues In addition valuable easy to use appendices are included with extensive reference data and tables The SBE Broadcast Engineering Handbook is a hands on guide to broadcast station design and maintenance SBE Broadcast Engineering Handbook covers Regulatory Requirements and Related Issues AM FM and TV Transmitters Transmission Lines and Antenna Systems DTV Transmission Systems Coverage and Measurement MPEG 2 Transport Program and System Information Protocol PSIP Information Technology for Broadcast Plants Production Facility Design Audio and Video Monitoring Systems Master Control and Centralized Facilities Asset Management Production Intercom Systems Production Lighting Systems Broadcast Facility Design Transmission System Maintenance Broadcast Management and Leadership

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The Tufts University Guide to Total Nutrition Stanley N. Gershoff, Catherine Whitney, 1991 **Training Guide for Foodservice Personnel in Programs for Young Children** United States. Head Start Bureau, 1980 Abstract Training materials for foodservice workers in Head Start programs are presented in a manual for use by nutritionists, dietitians, and foodservice supervisors. The objectives are to encourage foodservice personnel to provide nutritious and wholesome food for young children as well as nutrition education to children, parents, and staff in Head Start. Competency areas needed to deliver a high-quality food service program include 3 foundation and 4 technical competencies: nutrition and feeding of young children, job management, sanitation and safety, menu planning, food purchasing, food receiving and storage, and quantity food production. Learning activities, resource materials, and evaluation criteria are described for each training area. These may be used in pre-service or in-service training of foodservice personnel in Head Start day care or other preschool programs.

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