

# What Do the Labels on Ham Mean?

## Ham, Natural Juices

NATURAL PORK JUICES ADDED

## Ham, Water Added

WATER ADDED TO HAM, 10% OR LESS

## Ham and Water Product

WATER ADDED TO HAM, MORE THAN 10%

## Pre-Cooked, Smoked, or Ready-to-Eat

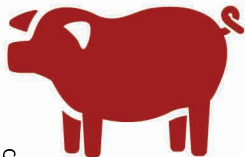
EAT WITHOUT HEATING, OR HEAT TO 140° F

## Cook Before Eating, Uncooked, or Fresh

MUST BE FULLY COOKED TO AT LEAST 145° F

## No Added Hormones

PORK IS NEVER RAISED WITH ADDED HORMONES



more details at [myfearlesskitchen.com](http://myfearlesskitchen.com)