

How long does chicken keep in the fridge?

Chicken is considered to be a staple meat in many households.

However, this delicious source for protein is at high risk of getting contamination-free. A proper preparation, storage and cooking of this protein is essential.

A fridge full of chicken is convenient, but many people wonder how long they can keep chicken in the fridge.

This article will help you understand the length of time chicken can last in your refrigerator.

How long does cooked chicken last in the fridge does chicken stay in the fridge?

According to the United States Department of Agriculture (USDA) Raw chicken can be stored in your refrigerator for about 1 to 2 days. This is also true for raw turkey and other poultry.

Meanwhile, cooked chicken can be stored in the refrigerator for about 3-4 days.

Refrigerating chicken can slow the growth of bacteria. Bacteria can grow slower at temperatures below forty degrees Fahrenheit (4degreeC).

Keep the raw chicken in a sealed container to prevent any liquids from spilling out and contaminating other food items. Keep the chicken that has been cooked in an airtight container.

Chicken can be stored in the freezer if it is needed for longer than a few weeks.

Chicken pieces that are raw can be stored in the freezer for as long as 9 months, and a complete chicken is able to be stored for as long as one year. For 2-6 months, you can keep the chicken that you have cooked in your freezer.

Summary

Raw chicken can stay in your refrigerator for approximately 1-2 days while cooked chicken will last around 3-4 days.

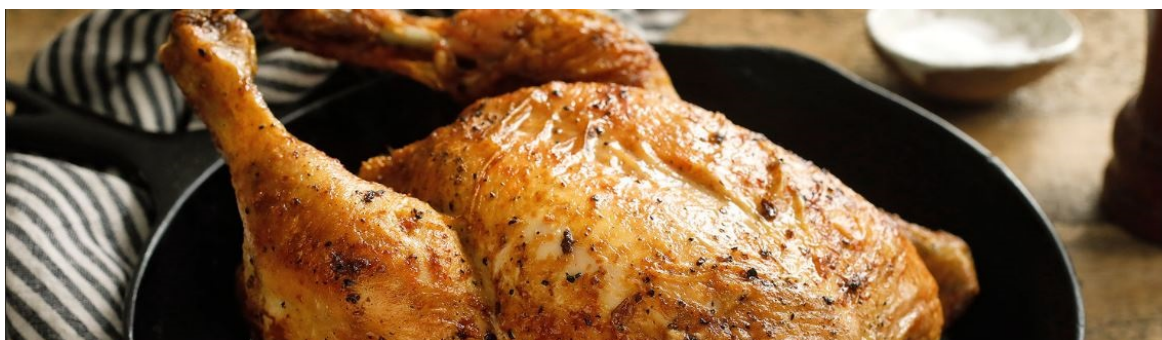
How do you identify if your chicken is bad

Chicken may spoil if left in the fridge for longer than two days.

Here are a few ways to know if your chicken has gone bad in the fridge.

It is over the "best before" date. Cooked or raw chicken that isn't consumed before or prior to its "best by" dates is more likely to spoil.

Color alters. Raw chicken or cooked chicken is turning grayish-green. Spots of grayish-green mold can be a sign that there's a growth of bacterial.



It smells. Both cooked and raw chicken emits an unpleasant, acidic odor that can be confused with ammonia. If the chicken is cooked in sauces or other herbs, it can be difficult for the consumer to discern the smell.

Texture. A chicken with slimy texture could have gone bad. Rinsing the chicken will not kill the bacteria. Cross-contamination is possible if the bacteria are passed from poultry to other food items or Utensils.

You can throw out any chicken that has gone damaged in your refrigerator.

Summary

It is easy to tell if your chicken has gone bad when its color is beginning to fade, it has developed a sour or acidic smell or is becoming slimy.

What are the dangers of eating chicken that has been spoiled?

Foodborne illness is also known as food poisoning, and can result in eating spoiled chicken.

The danger of food poisonings in chicken is due the possibility that it has been infected by bacteria, such as *Campylobacter*, *Salmonella*, and many more.

This bacteria is usually eliminated after fresh chicken has been cooked properly.

But, it's not recommended to cook or eat spoiled poultry. Re-heating and baking can kill the bacteria on the surface, however it will not eliminate some of their toxins that could cause food poisoning.

Food poisoning is a serious condition that can cause nausea, vomiting and diarrhea.

In certain cases, serious food poisoning can require hospitalization and may even cause death.

Do not eat any chicken that looks old. You should throw out any chicken you suspect is rotten.

A SUMMARY

Food poisoning can be caused by eating spoiled chicken even if it's properly cooked.

The bottom line

Raw chicken lasts in the fridge for up to 1-2 days, while chicken cooked can last for 3-4 days.

If you suspect that your chicken has gone bad check the "best-before" date. You'll be able to detect signs of spoilage such as changes in texture, taste as well as color and smell.

Do not eat chicken that has been spoiled in case it causes food poisoning even in the event that you cook it well.