

Use A Food Thermometer



"IT'S SAFE
TO BITE
WHEN THE
TEMPERATURE
IS RIGHT!"

Temperature Rules! ... for cooking foods at home.

Safe Minimum Internal Temperatures

- 140 °F** • Ham, fully-cooked (to reheat)
- 145 °F** • Beef, lamb & veal steaks & roasts (medium rare)
- 160 °F** • Ground beef, pork, veal & lamb
 - Beef, lamb & veal steaks & roasts (medium)
 - Pork chops, ribs & roasts
 - Egg dishes
- 165 °F** • Ground chicken & turkey
 - Chicken & turkey—whole bird, breasts, legs, thighs & wings
 - Stuffing & casseroles
 - Leftovers

It's the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

Food Safety and Inspection Service
U.S. Department of Agriculture
www.fsis.usda.gov

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
Email: mph hotline.fsis@usda.gov

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