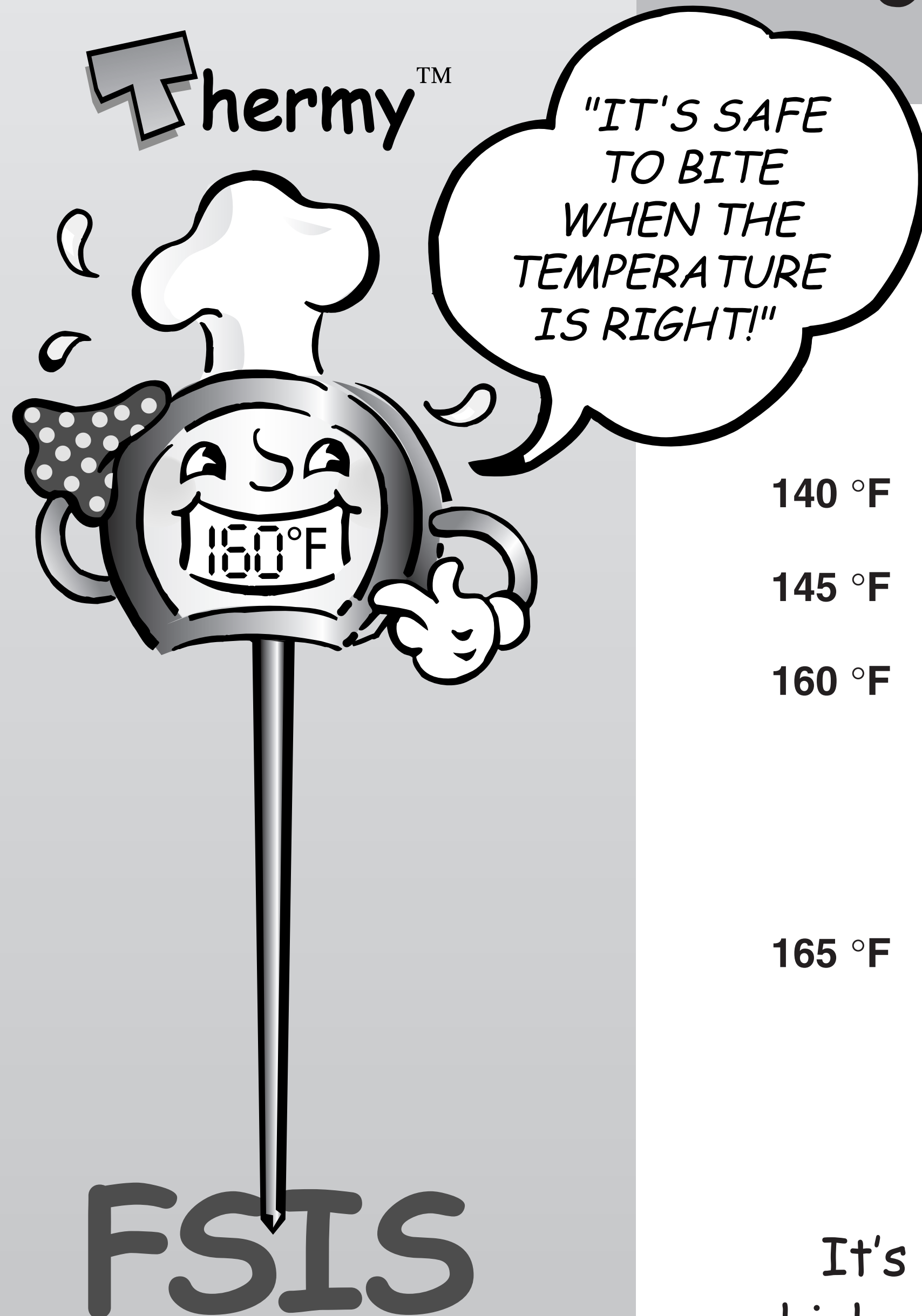


# Use A Food Thermometer



## 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](http://www.fsis.usda.gov)

USDA Meat and Poultry Hotline  
1-888-MPHotline (1-888-674-6854)  
TTY: 1-800-256-7072  
E-mail: [mpholine.fsis@usda.gov](mailto:mpholine.fsis@usda.gov)