

**T**hermy™



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

# **T**emperature Rules!

... for cooking foods at home.

## Safe Minimum Internal Temperatures

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

**FSIS**

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: [mph hotline.fsis@usda.gov](mailto:mph hotline.fsis@usda.gov)**