

# "Is it *done* yet?"

You can't tell by *looking*. Use a **food thermometer** to be sure.

## USDA Recommended Safe Minimum Internal Temperatures



Beef, Pork, Veal, Lamb  
Steaks, Roasts & Chops

145 °F with a 3-minute rest time



Fish

145 °F



Beef, Pork, Veal, Lamb  
Ground

160 °F



Egg Dishes

160 °F



Turkey, Chicken & Duck  
Whole, Pieces & Ground

165 °F

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture  
Food Safety and Inspection Service

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