

SAFE COOKING TEMPERATURES

as measured with a food thermometer

Internal temperature

Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb 160 °F

Turkey, Chicken 165 °F

Fresh Beef, Veal, Lamb

Medium Rare 145 °F

Medium 160 °F

Well Done 170 °F

Poultry

Chicken & Turkey, whole 165 °F

Poultry parts 165 °F

Duck & Goose 165 °F

Stuffing (cooked alone or in bird) 165 °F

Fresh Pork

Medium 160 °F

Well Done 170 °F

Ham

Fresh (raw) 160 °F

Pre-cooked (to reheat) 140 °F

Eggs & Egg Dishes

Eggs Cook until yolk & white are firm

Egg dishes 160 °F

Seafood

Fin Fish 145 °F

flesh is opaque

Shrimp, Lobster & Crabs flesh pearly & opaque

Clams, Oysters & Mussels Shells open

during cooking

Scallops milky white or opaque & firm

Leftovers & Casseroles 165 °F