

ATTENTION EDUCATORS AND CONSUMERS:

This sheet reflects the most recent revisions to the cooking guidelines for meat. Please make appropriate changes in all food safety materials.

Cook all raw beef, pork, lamb, and veal (steaks, roasts, and chops) to a minimum internal temperature of **145 °F** as measured with a food thermometer before removing from the heat source, followed by a rest time of at least 3 minutes before carving or consuming. This new time and temperature combination is sufficient for food safety and quality. For reasons of personal preference, consumers may choose to cook meat to a higher temperature.

Unchanged cooking guidelines:

- ▶ Cook all raw ground beef, pork, lamb, and veal to 160 °F.
- ▶ Cook all poultry products to 165 °F.



Got Food Safety Questions?

Visit "**Ask Karen**" at AskKaren.gov to Ask a Food Safety Question.

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



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