

“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

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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