

SAFE Cooking Temperatures CHART

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness.

Safe Cooking Temperatures - As measured with a food thermometer!

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 or until opaque & flakes easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
Leftovers & Casseroles	165° F