

# SAFE COOKING TEMPERATURES

as measured with a food thermometer

## GROUND MEAT & MEAT MIXTURES

Internal temperature

Beef, Pork, Veal, Lamb \_\_\_\_\_ 160°F

Turkey, Chicken \_\_\_\_\_ 165°F

## FRESH BEEF, PORK, VEAL & LAMB

\_\_\_\_\_ 145°F

with a 3 minute rest time

## POULTRY

Chicken & Turkey, Whole \_\_\_\_\_ 165°F

Poultry Parts \_\_\_\_\_ 165°F

Duck & Goose \_\_\_\_\_ 165°F

Stuffing (cooked alone or in bird) \_\_\_\_\_ 165°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 flesh is opaque and separates 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