

Safe Minimum Cooking Temperatures

Follow the guidelines below for minimum cooking temperatures and rest time for meat, poultry, seafood, and other cooked foods. Make sure to use a food thermometer to check whether meat has reached a safe internal temperature that is hot enough to kill harmful germs that can cause food poisoning.

Safe Cooking Temperatures Chart

<u>FOOD</u>	<u>TYPE</u>	<u>INTERNAL TEMPERATURE (°F)</u>
Ground meat & meat mixtures	Beef, Pork, Veal, Lamb,	160
	Chicken & Turkey	165
Fresh Beef, Veal, Lamb, Venison, Bison	Steaks, Roasts, Chops (Rest Time: 3 minutes)	145
Bison *(look above for steak & Roast cooking temp.)	Ground Bison	160
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets & stuffing)	165
Pork & Ham	Fresh pork, including fresh ham (Rest Time: 3 minutes)	145
	Precooked ham (to reheat) NOTE: Reheat cooked hams packaged in USDA-inspected plants	165
Eggs & Egg dishes	Eggs	Cook until yolk & whites are firm
	Egg dishes (such as frittata & quiche)	160
Leftovers & Casseroles	Leftovers and Casseroles	165
Seafood	Fish w/ fins	145 or cook until flesh is opaque & separates easily w/ a fork
	Shrimp, lobster, crab & scallops	Cook until flesh is pearly or white and opaque
	Clams, oysters & Mussels	Cook until shells open during cooking