

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