



Safe Minimum Cooking Temperatures

Use a food thermometer to be sure that cooked food reaches a safe internal temperature to avoid bacterial contamination.

Category	Food	Temperature (°F)
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160
	Turkey, Chicken	165
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145
Poultry	Chicken & Turkey, whole	165
	Poultry breasts, roasts	165
	Poultry thighs, legs, wings	165
	Duck & Goose	165
	Stuffing (cooked alone or in bird)	165
Pork and Ham	Fresh pork	145
	Fresh ham (raw)	145
	Precooked ham (to reheat)	140
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm
	Egg dishes	160
Leftovers & Casseroles	Leftovers	165
	Casseroles	165
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.
	Clams, oysters, and mussels	Cook until shells open during cooking.
	Scallops	Cook until flesh is milky white or opaque and firm.