

**T**hermy™



"IT'S SAFE  
TO BITE  
WHEN THE  
TEMPERATURE  
IS RIGHT!"

## **T**emperature Rules!

... for cooking foods at home.

- 145 °F** Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)
- 160 °F** Ground beef, pork, veal & lamb  
Pork chops, ribs & roasts  
Egg dishes
- 165 °F** Ground turkey & chicken  
Stuffing & casseroles  
Leftovers
- 170 °F** Chicken & turkey breasts
- 180 °F** Chicken & turkey  
whole bird, legs, thighs & wings

**FSIS**

Food Safety and Inspection Service  
U.S. Department of Agriculture  
[www.fsis.usda.gov](http://www.fsis.usda.gov)

USDA Meat and Poultry Hotline  
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