

# Temperature Rules! Cooking for Food Service



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

Hold at specified temperature or above for 15 seconds unless otherwise stated

Hold all hot food at **140 °F** or above after cooking

## Minimum Temperatures and Holding Times

### 165 °F (15 seconds)

- Poultry—chicken, turkey, duck, goose—whole, parts or ground
- Soups, stews, stuffing, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Leftovers (to reheat)
- Food, covered, cooked in microwave oven (hold covered **2 minutes** after removal)

### 155 °F (15 seconds)

- Hamburger, meatloaf and other ground meats; ground fish\*
- Fresh shell eggs—cooked and held for service (such as, scrambled)\*

### 145 °F (15 seconds)

- Beef, corned beef, pork, ham—roasts (hold **4 minutes**)\*
- Beef, lamb, veal, pork—steaks or chops
- Fish, shellfish
- Fresh shell eggs—broken, cooked and served immediately

### 140 °F (15 seconds)

- Ham, other roasts—processed, fully cooked (to reheat)
- Fruits and vegetables that are cooked

USDA Meat and Poultry Hotline  
**1-800-535-4555**

FDA Food Information Line  
**1-888-SAFE FOOD**



U.S. Department of Agriculture  
Food Safety and Inspection Service

[www.fsis.usda.gov/thermy](http://www.fsis.usda.gov/thermy)

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\*For alternative times and temperatures, see the **FDA Food Code 2001** <http://vm.cfsan.fda.gov/~dms/foodcode.html>