

Use A Food Thermometer



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

Temperature Rules!

... for cooking foods at home.

- 140 °F** • Ham, fully-cooked (to reheat)
- 145 °F** • Beef, lamb & veal steaks & roasts, (medium rare)
- 160 °F** • Hamburger, meatloaf & other ground meats,
 - Beef, lamb & veal steaks & roasts (medium)
 - Pork chops, ribs & roasts
 - Egg dishes
- 165 °F** • Ground turkey & chicken
 - Stuffing
 - Casseroles (Mixed dishes)
 - Leftovers
- 170 °F** • Chicken & turkey breasts
- 180 °F** • Chicken & turkey whole bird, legs, thighs & wings
 - Duck & goose

It's the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

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

USDA Meat and Poultry Hotline
1-800-535-4555
www.fsis.usda.gov/thermy

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