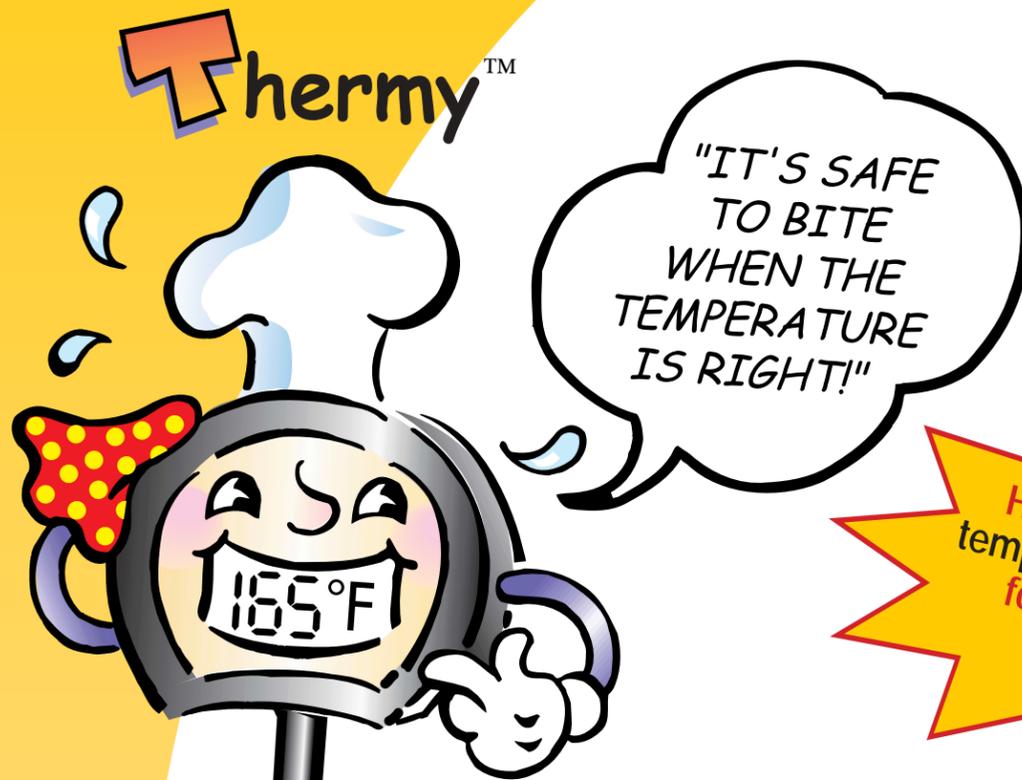


# Temperature Rules! Cooking for Food Service



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

Food Safety and Inspection Service, USDA

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>