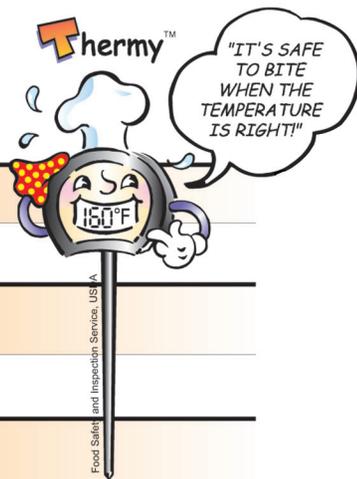


Internal Cooking Temperatures

Product	°F
Egg & Egg Dishes	
Eggs	Cook until yolk & white are firm.
Egg dishes	160
Egg sauces, custards	160
Ground Meat & Meat Mixtures	
Turkey, Chicken	165
Beef, Veal, Lamb, Pork	160
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Fully cooked (to reheat)	140
Roast Beef	
Cooked commercially, vacuum sealed, and ready-to-eat	140

Product	°F
Poultry*	
All products	165
Stuffing	
Cooked alone or in bird	165
Sauces, Soups, Gravies, Marinades	
Used with raw meat, poultry, or fish	Bring to a boil.
Seafood	
Fin Fish	Cook until opaque and flakes easily with a fork.
Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque.
Scallops	Should turn milky white or opaque and firm.
Clams, mussels, oysters	Cook until shells open.
Leftovers	
	165



Note: These temperatures are recommended for consumer cooking. They are not intended for processing, institutional, or foodservice preparation. Foodservice workers should consult their state or local food code, or health department.

*safe minimum internal temperature

