Is it done yet? You can’t tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.

Fish: 145°F
Red Meat: 145°F (with a 3-minute rest time)
Ground Meat: 160°F
Egg Dishes: 160°F
Poultry: 165°F

Have more questions? Visit our website at www.FSIS.USDA.gov
or contact the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or MPHotline@usda.gov