



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

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



145°F



Beef, Pork, Veal & Lamb
(Steaks, Roasts & Chops)

145°F
(with a 3-minute rest time)

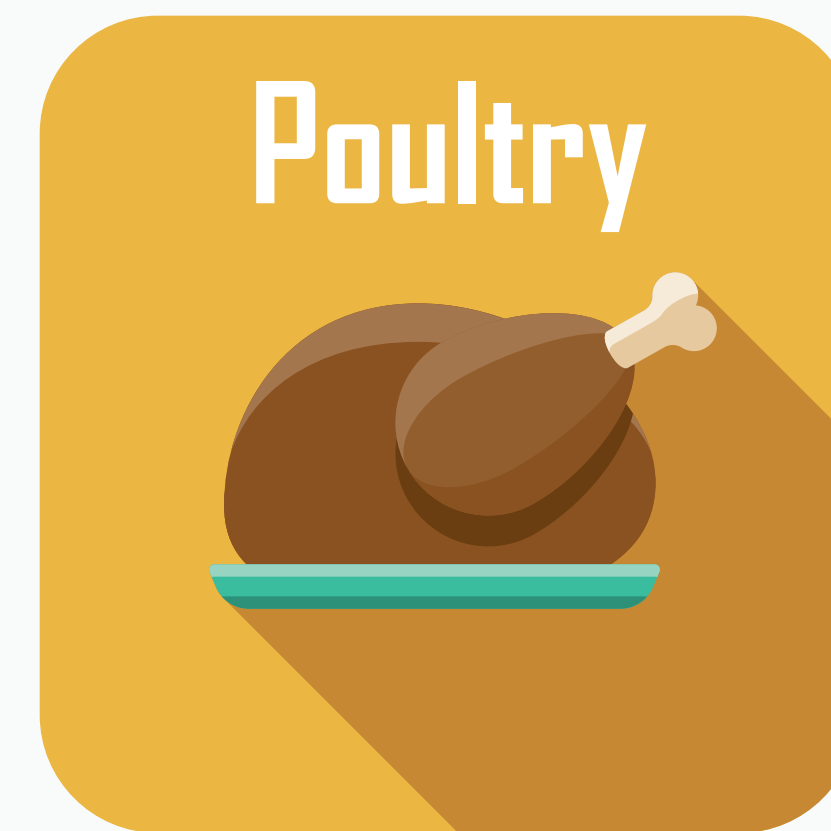


Beef, Pork, Veal & Lamb
(Ground)

160°F



160°F



Turkey, Chicken & Duck
(Whole, Pieces & Ground)

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