Use A Food Thermometer

Thermy™

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

Temperature Rules!
... for cooking foods at home.

Safe Minimum Internal Temperatures

140 °F • Ham, fully-cooked (to reheat)

145 °F • Beef, lamb & veal steaks & roasts (medium rare)

160 °F • Ground beef, pork, veal & lamb
  • Beef, lamb & veal steaks & roasts (medium)
  • Pork chops, ribs & roasts
  • Egg dishes

165 °F • Ground chicken & turkey
  • Chicken & turkey—whole bird, breasts, legs, thighs & wings
  • Stuffing & casseroles
  • Leftovers

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

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
E-mail: mphotline.fsis@usda.gov