

“Is it *done* yet?”

You can't tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

145°F

with a 3-minute rest time



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

145°F



Fish

160°F



Beef, Pork, Veal & Lamb Ground

160°F



Egg Dishes

165°F



Turkey, Chicken & Duck Whole, Pieces & Ground

www.FoodSafety.gov

USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)

