

USDA Recommended Safe Minimum Internal Temperatures



**Beef, Veal, Lamb,
Steak & Roasts**

145°F



Fish

145°F



Pork

160°F



**Beef, Veal, Lamb
Ground**

160°F



Egg Dishes

160°F



**Turkey, Chicken, &
Duck whole, Pieces &
Ground**

165°F

Ground Meat and Meat Mixtures

Beef, Pork, Veal, Lamb

160°F

Turkey, Chicken

165°F

Mechanically Tenderized Meat

155°F

Fresh Beef, Veal, Lamb

Medium Rare

145°F

Medium

160°F

Well Done

170°F

Poultry

Chicken and Turkey, whole

180°F

Poultry breasts, roast

170°F

Poultry thighs, wings

165°F

Duck and Goose

165°F

Stuffing (cooked alone or in bird)

165°F

Fresh Pork

Roasts

160°F

Medium

160°F

Well Done

170°F

Ham

Fresh (raw)

160°F

Pre-cooked (to reheat)

140°F

Eggs and Egg Dishes

Eggs

Cooked until yolk and
white are firm

Egg dishes

160°F

Leftovers and Casseroles

165°F

www.alwaysfoodsafe.com