

SAFE MINIMUM COOKING TEMPERATURE CHART


Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:



Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source.


160 °F (71.1 °C)

EGGS
Cook until both the yolk and the white are firm.




145 °F (62.8 °C)

FISH & SHELL FISH
Shrimp, lobster, crabs, and scallops: Cook until flesh is pearly/white & opaque.
Clams, oysters, mussels: Cook until the shells open.




145 °F (62.8 °C)

HAM, FRESH OR SMOKED (COOKED)
Allow to rest for at least 3 min.




HAM (COOKED TO REHEAT)
Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C)
All others to 165 °F



145 °F (62.8 °C)

MEATS
Beef, Pork, Veal, Lamb Steaks, Chops, Roasts
Allow to rest for at least 3 min.



GROUND MEATS

160 °F (71.1 °C)



165 °F (73.8 °C)

POULTRY
Breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing



OTHER
Casseroles and Leftovers

165 °F (73.8 °C)

