

Food Temperature Guide

°F

CATEGORY	FOOD	TEMP (F°)	REST TIME
Ground Meat & Meat Mixtures 	beef, pork, veal, lamb	160°	none
	turkey, chicken	165°	none
Fresh Beef, Veal, Lamb 	steaks, roasts, chops	145°	3 min
Poultry 	chicken & turkey, whole poultry breasts, roasts, poultry thighs, legs, wings, duck, & goose stuffing (cooked alone or in bird)	165°	none
Pork & Ham 	fresh pork & fresh ham (raw)	145°	3 min
	precooked ham (to reheat)	140°	none
Eggs & Egg Dishes 	eggs	cook until yolk and white are firm	none
	egg dishes	160°	none
Leftovers & Casseroles 	leftovers & casseroles	165°	none
Seafood 	fin fish	145° or cook until flesh is opaque and separates easily with a fork	none
	shrimp, lobster, & crabs	cook until flesh is pearly and opaque	none
	clams, oysters, & mussels	cook until shells open during cooking	none
	scallops	cook until flesh is milky white or opaque and firm	none