

## Safe Minimum Internal Temperature Chart for Cooking

| Food                               | Type   | Internal Temperature (°F)   |
|------------------------------------|--|---|
| Beef, bison, veal, goat, and lamb  | Steaks, roasts, chops  | 145<br><b>Rest time: 3 minutes</b>  |
|                                    | Ground meat and sausage  | 160   |
| Casseroles                         | Meat and meatless  | 165   |
| Chicken, turkey, and other poultry | All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and <a href="#">stuffing</a> inside poultry | 165   |
| Eggs                               | Raw eggs   | Cook until yolk and white are firm  |
|                                    | Egg dishes (such as frittata, quiche)  | 160   |
|                                    | Casseroles (containing meat and poultry)   | 165   |
| Ham                                | Raw ham  | 145<br><b>Rest time: 3 minutes</b>  |
|                                    | Precooked ham (to reheat)  | 165<br><b>Note:</b> Reheat cooked hams packaged in USDA-inspected plants to 140°F |
| Leftovers                          | Any type   | 165   |
| Pork                               | Steaks, roasts, chops  | 145<br><b>Rest time: 3 minutes</b>  |
|                                    | Ground meat and sausage  | 160   |
| Rabbit and venison                 | Wild or farm-raised  | 160   |
| Seafood                            | Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.                               | 145 or cook until flesh is no longer translucent and separates easily with a fork |
|                                    | Shrimp, lobster, crab, and scallops  | Cook until flesh is pearly or white, and opaque                                   |

| <b>Food</b> | <b>Type</b>             | <b>Internal Temperature (°F)</b>      |
|-------------|-------------------------|---------------------------------------|
|             | Clams, oysters, mussels | Cook until shells open during cooking |

Date Last Reviewed December 16, 2022