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## Safe Minimum Cooking Temperatures Charts

Follow the guidelines below for minimum cooking temperatures and rest time for meat, poultry, seafood, and other cooked foods. Be sure to use a food thermometer to check whether meat has reached a safe internal temperature that is hot enough to kill harmful germs that cause food poisoning.

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops	145
	<b>Rest time: 3 minutes</b>	
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham	145
	<b>Rest time: 3 minutes</b>	
	Precooked ham (to reheat)	165
	<b>Note:</b> Reheat cooked hams packaged in USDA-inspected plants to 140°F	
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Date Last Reviewed

April 12, 2019

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