### Safe Minimum Internal Temperature Chart for Cooking

<table>
<thead>
<tr>
<th>Food</th>
<th>Type</th>
<th>Internal Temperature (°F)</th>
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</thead>
</table>
| **Beef, bison, veal, goat, and lamb** | Steaks, roasts, chops                                                | 145  
|                               | 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 stuffing inside poultry | 165  
| **Eggs**                      | Raw eggs                                                            | Cook until yolk and white are firm  
|                               | Egg dishes (such as frittata, quiche)                               | 160  
| **Ham**                       | Raw ham                                                             | 145  
|                               | Precooked ham (to reheat)                                           | 165  
|                               | **Note:** Reheat cooked hams packaged in USDA-inspected plants to 140°F |                                                |
| **Leftovers**                 | Any type                                                            | 165  
| **Pork**                      | Steaks, roasts, chops                                               | 145  
|                               | 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  
|                               | Clams, oysters, mussels                                             | Cook until shells open during cooking  

**Note:**
- The internal temperature is the minimum temperature that must be achieved to ensure the safety of the food. It is important to use a food thermometer to accurately determine the internal temperature of the food. 
- Rest time is the time the food should be allowed to cool to a safe temperature before consuming. 
- Precooked ham (to reheat) must be rewarmed to 140°F to ensure food safety. 
- Cook eggs until yolk and white are firm. 
- Cook seafood until flesh is pearly or white, and opaque, and shells open during cooking.