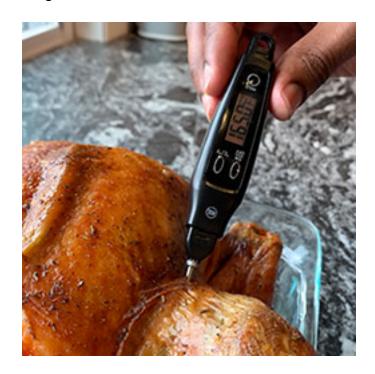
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Cook to a Safe Minimum Internal Temperature

Image



Follow the guidelines below for how to cook raw meat, poultry, seafood, and other foods to a safe minimum internal temperature. Always use a food thermometer to check whether meat has reached a safe minimum internal temperature that is hot enough to kill harmful germs that cause food poisoning.

Some meats also need rest time after cooking. Rest time is important for certain meats because it allows the innermost parts and juices of the meats to become fully and safely cooked.

Safe Minimum Internal Temperature Chart for Cooking

| Food | Туре | Internal Temperature (°F/°C) |
|------------------------------|---------------------------------|------------------------------|
| Beef, bison, veal, goat, and | Steaks, roasts, chops | 145°F (63°C) |
| lamb | | Rest time: 3 minutes |
| | Ground meat and sausage | 160°F (71°C) |
| Casseroles | Meat and meatless | 165°F (74°C) |
| Chicken, turkey, and other | All: whole bird, breasts, legs, | 165°F (74°C) |

| Food | Туре | Internal Temperature (°F/°C) |
|--------------------|--|----------------------------------|
| poultry | thighs, wings, ground poultry, | |
| | giblets, sausage, and stuffing | |
| _ | inside poultry | |
| Eggs | Raw eggs | Cook until yolk and white are |
| | | firm |
| | Egg dishes (such as frittata, quiche) | 160°F (71°C) |
| | Casseroles (containing meat and poultry) | 165°F (74°C) |
| Ham | Raw ham | 145°F (63°C) |
| | | Rest time: 3 minutes |
| | Precooked ham (to reheat) | 165°F (74°C) |
| | | Note: Reheat cooked hams |
| | | packaged in USDA-inspected |
| | | plants to 140°F (60°C) |
| Leftovers | Any type | 165°F (74°C) |
| Pork | Steaks, roasts, chops | 145°F (63°C) |
| | | Rest time: 3 minutes |
| | Ground meat and sausage | 160°F (71°C) |
| Rabbit and venison | Wild or farm-raised | 160°F (71°C) |
| Seafood | Fish (whole or filet), such as | 145°F (63°C) or cook until flesh |
| | salmon, tuna, tilapia, pollock, | is no longer translucent and |
| | bass, cod, catfish, trout, etc. | separates easily with a fork |
| | Shrimp, lobster, crab, and | Cook until flesh is pearly or |
| | scallops | white, and opaque |
| | Clams, oysters, mussels | Cook until shells open during |
| | | cooking |

Date Last Reviewed

March 14, 2024