

# Safe Minimum Cooking Temperatures

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Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

## Why the Rest Time is Important

After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

| Category                    | Food                               | Temperature (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 minutes |
| Poultry                     | Chicken & Turkey, whole            | 165   | None      |
|                             | Poultry breasts, roasts            | 165   | None      |
|                             | Poultry thighs, legs, wings        | 165   | None      |
|                             | Duck & Goose                       | 165   | None      |
|                             | Stuffing (cooked alone or in bird) | 165   | None      |
| Pork and Ham                | Fresh pork                         | 145   | 3 minutes |
|                             | Fresh ham (raw)                    | 145   | 3 minutes |
|                             | 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                          | 165   | None      |
|                             | Casseroles                         | 165   | None      |
| Seafood                     | Fin Fish                           | 145 or cook until flesh is opaque and separates easily with a fork. | None      |
|                             | Shrimp, lobster, and crabs         | Cook until flesh is pearly and opaque.                              | None      |

|  |                             |   |      |
|--|-----------------------------|---|------|
|  | Clams, oysters, and mussels | Cook until shells open during cooking.              | None |
|  | Scallops                    | Cook until flesh is milky white or opaque and firm. | None |

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