



Recommended Minimum Cooking Temperatures



Category	Food Type	Temp (°F)	Temp (°C)	Rest Time
Ground meat & meat mixtures (meatloaf, hamburgers, turkey burgers, etc.)	Beef, Pork, Veal, or Lamb	160	72	None
	Turkey or Chicken	165	74	None
Fresh, whole cuts of red meat (beef, veal, and lamb)	Steaks, Roasts, or Chops	145	63	3 minutes
Poultry	Whole, Fresh Chicken and Turkey	180	83	None
	Breasts, Thighs, and Wings	165	74	None
	Duck and Goose	165	74	None
Pork and Ham	Fresh Chops, Roasts, etc.	145	63	3 minutes
	Fresh Ham	145	63	3 minutes
	Pre-cooked Ham	140	60	None
Eggs and Egg Dishes	Fresh Eggs	Until yolk and white are firm	N/A	None
	Liquid eggs and Egg-Containing Dishes (Quiche, Frittata, etc.)	160	72	None
Leftovers	Casseroles, Stuffing, Last Night's Dinner, etc.	165	74	None
Fish	Fin Fish, Filets	145	63	None

Eggs in Carton by Pitayo from freedigitalphotos.net

