

Food temperature chart

		Min. cooking temp	
 <p>Ground meat and meat mixtures</p>	Beef, pork, veal, lamb	160°F	
	Turkey, chicken	165°F	
 <p>Fresh beef, veal, lamb</p>	Steaks, roasts, chops Rest time: 3 minutes	145°F	
 <p>Poultry</p>	All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing)	165°F	
 <p>Pork and ham</p>	Fresh pork, including fresh ham Rest time: 3 minutes	145°F	
	Precooked ham (to reheat)	165°F	
 <p>Eggs and egg dishes</p>	Eggs	Cook until yolk and white are firm	
	Egg dishes (such as frittata, quiche)	160°F	
 <p>Leftovers and casseroles</p>	Leftovers and casseroles	165°F	
 <p>Seafood</p>	Fish with fins	145°F 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	