

***Safe Cooking Temperatures Chart**

Food Type	Recommended Internal Cooking Temperature
Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160°F (71°C)
Chicken, Turkey	165°F (74°C)
Fresh Beef, Pork, Veal, Lamb	145°F (63°C) with a three minute rest time
Poultry	
Chicken & Turkey, Whole	165°F (74°C)
Poultry Parts	165°F (74°C)
Duck & Goose	165°F (74°C)
Stuffing (cooked alone or in bird)	165°F (74°C)
Ham	
Fresh (raw)	145°F (63°C) with a three-minute rest time
Pre-cooked (to reheat)	140°F (60°C)
Eggs & Egg Dishes	
Eggs	Cook until yolk and white are firm
Egg Dishes	160°F (71°C)
Seafood	
Fin Fish	145°F or flesh is opaque and separates easily with fork
Shrimp, Lobster, Crab	Flesh pearly and opaque
Clams, Oysters, Mussels	Shells open during cooking
Scallops	Milky white or opaque and firm
Leftovers & Casseroles	165°F (74°C)