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	Type	Internal Temperature (°F/°C)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F (63°C) **Rest time: 3 minutes**
	Ground meat and sausage	160°F (71°C)
Casseroles	Meat and meatless	165°F (74°C)
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing	165°F (74°C)

Food	Type	Internal Temperature (°F/°C)
	inside poultry. See USDA's Turkey Thawing Calculator and Turkey Cooking Calculator.	
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 salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145°F (63°C) or cook until flesh is no longer translucent 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

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