

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)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145
		Rest time: 3 minutes
Casseroles	Ground meat and sausage	160
	Meat and meatless	165
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry,	165

Food	Type	Internal Temperature (°F)
	giblets, sausage, and stuffing inside poultry	
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
	Casseroles (containing meat and poultry)	165
Ham	Raw ham	145 Rest time: 3 minutes
	Precooked ham (to reheat)	165 Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F
Leftovers	Any type	165
Pork	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Rabbit and venison	Wild or farm-raised	160
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145 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

Date Last Reviewed

December 16, 2022