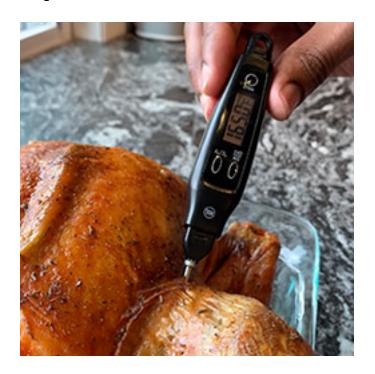
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Cook to a Safe Minimum Internal Temperature

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

Food	Туре	Internal Temperature (°F)
	giblets, sausage, and stuffing	
	inside poultry	
Eggs	Raw eggs	Cook until yolk and white are
		firm
	Egg dishes (such as frittata,	160
	quiche)	
	Casseroles (containing meat	165
	and poultry)	
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	145 or cook until flesh is no
	salmon, tuna, tilapia, pollock,	longer translucent and
	bass, cod, catfish, trout, etc.	separates easily with a fork
	Shrimp, lobster, crab, and	Cook until flesh is pearly or
	scallops	white, and opaque
	Clams, oysters, mussels	Cook until shells open during
		cooking
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Date Last Reviewed

December 16, 2022