

# Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood and other cooked foods reach a safe minimum internal temperature.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats—including pork—can be pink, even when the meat has reached a safe internal temperature.

## Why the Rest Time is Important

After you remove meat from a grill, oven or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful germs.

Category	Food	Temperature (°F)	Rest Time
<b>Ground Meat &amp; Meat Mixtures</b>	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
<b>Fresh Beef, Veal, Lamb</b>	Steaks, Roasts, Chops	145	3 minutes
<b>Poultry</b>	Chicken & Turkey, whole	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
<b>Pork &amp; Ham</b>	Fresh Pork	145	3 minutes
	Fresh Ham (raw)	145	3 minutes
	Precooked Ham (to reheat)	140	None
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk and white are firm	None
	Egg Dishes	160	None
<b>Leftovers</b>	Leftovers	165	None
<b>Casseroles</b>	Casseroles	165	None
<b>Seafood</b>	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork	None
	Shrimp, Lobster, Crab	Cook until flesh is pearly and opaque	None
	Clams, Oysters, Mussels	Cook until shells open during cooking	None
	Scallops	Cook until flesh is milky white or opaque and firm	None