



Cooking Temperature Guide

Recommended Internal Temperatures	
Food	F°
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey, Chicken	165
Fresh Beef, Veal, Lamb	
Medium Rare	145
Medium	160
Well Done	170
Roast Beef	
Cooked commercially vacuum sealed, and ready-to-eat	140
Poultry	
Chicken and Turkey, whole	165
Poultry breasts, roasts	165
Poultry thighs, wings	165
Duck and Goose	165
Stuffing (cooked alone or in bird)	165
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs and Egg Dish	
Eggs	Cook until yolk and white are firm
Egg Dishes	160
Egg sauces, custards	160
Sauces, Soups, Gravies, Marinades	
Used with raw meat, poultry or fish	Bring to a boil.
Seafood	
Fin Fish	Cook until opaque and flakes easily with a fork
Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque
Scallops	Should turn milky white or opaque and firm
Clams, mussels, oysters	Cook until shells open
Leftovers and Casseroles	165

Source: United States Department of Agriculture 2007