

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 inside poultry. See USDA's Turkey Thawing Calculator and Turkey Cooking Calculator . | 165°F (74°C) |
| 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 | Cook until flesh is pearly or |

| Food | Type | Internal Temperature (°F/°C) |
|------|-------------------------|---------------------------------------|
| | scallops | white, and opaque |
| | Clams, oysters, mussels | Cook until shells open during cooking |

Date Last Reviewed November 21, 2024