

Apply the Heat!

Cooking food - especially raw meat, poultry, fish and eggs - to the proper temperature, kills harmful bacteria.

Thoroughly cook food as follows*:

Raw Food	Internal Temperature
Ground Products	
Beef, veal, lamb, pork	160°F (71°C)
Chicken, turkey	165°F (74°C)
Beef, Veal, Lamb Roasts & steaks	
medium-rare	145°F (63°C)
medium	160°F (71°C)
well-done	170°F (77°C)
Pork	
Chops, roast, ribs	
medium	160°F (71°C)
well-done	170°F (77°C)
Ham, fully cooked	140°F (60°C)
Ham, fresh	160°F (71°C)
Sausage, fresh	160°F (71°C)
Poultry (Turkey & Chicken)	
Whole bird	180°F (82°C)
Breast	170°F (77°C)
Legs & thighs	180°F (82°C)
Stuffing (cooked separately)	165°F (74°C)
Eggs	
Fried, poached	yolk & white are firm
Casseroles	160°F (71°C)
Sauces, custards	160°F (71°C)
Fish	
	flakes with a fork

*This chart provides guidance for cooking foods at home.



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