

Proper Cooking Temperatures for Safe Food At Home

Note: There are three important temperatures to remember when cooking meat or eggs at home: Eggs and all ground meats must be cooked to **160°F**; poultry and fowl to **165°F**; and fresh meat steaks, chops and roasts to **145°F**.

CONSUMER COOKING TEMPERATURE CHART for MEATS and EGGS	
<i>Use a thermometer to check temperatures. Cook to the internal temperatures listed below in degrees Fahrenheit</i>	
FRESH MEATS	
Ground meats (veal, beef, lamb, pork, deer, moose, elk or caribou)	160°F
Fresh beef, veal, lamb, pork, deer, moose, elk or caribou steaks, chops and roasts	
• recommended minimum temperature	145°F
• medium	160°F
• well done	170°F
Leftover cooked meats	165°F or safe to eat cold if properly cooled and stored
POULTRY and GAME BIRDS	
Ground chicken and turkey	165°F
Whole chicken, turkey, duck and goose	165°F
Poultry breasts and roasts; thighs and wings	165°F
Casseroles, all stuffing and reheated leftovers	165°F
Fully-cooked poultry	165°F or safe to eat cold if properly cooled and stored
FISH AND SHELLFISH	
Fish and shellfish, any type	145°F
RABBIT	
Rabbit	160°F
HAM	
Fresh (raw) ham or shoulder	160°F
To reheat precooked ham	140°F
EGGS AND EGG DISHES	
Eggs	Cook until yolk and white are firm.
Egg dishes; egg based sauces and custards	160°F

Reference: Cook: Heat it Up Chart. Partnership for Food Safety Education. May 2011.



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