



Temperature Rules

When preparing food at home, it's important that meat, poultry, fish, and leftovers be heated to the correct internal temperatures. Thoroughly cooking these foods destroys the bacteria that can cause foodborne illness. It's a good idea to always have a meat thermometer handy in your kitchen; it is the only way to know for sure that your food is safe to eat!

Safe Minimum Internal Temperatures

140° F	<ul style="list-style-type: none"> • Full-cooked ham (to reheat)
145° F	<ul style="list-style-type: none"> • Beef, pork, lamb, and veal steaks or roasts (medium rare)
160° F	<ul style="list-style-type: none"> • Ground beef, pork, veal and lamb • Beef, lamb, and veal steaks or roasts (medium) • Egg dishes
165° F	<ul style="list-style-type: none"> • Ground chicken and turkey • Chicken and turkey - whole bird, breast, legs, thighs, and wings • Stuffing and casseroles • Leftovers



Tips for using a meat thermometer...

- Always insert the thermometer into the thickest part of the meat. Try to aim for the center of a large roast or the breast and thigh of a bird.
- Avoid touching any bones or gristle when inserting the thermometer.
- Check the temperature in several spots to ensure the food is cooked evenly.
- Wait until the dial has stopped moving before reading the correct temperature.
- Sanitize the thermometer after each use to avoid cross contamination!

For more information, contact the USDA's Meat and Poultry Hotline
 1-888-674-6854
mpholine.fsis@usda.gov

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