



Recommended Safe Minimum Internal Cooking Temperatures

Food	Degrees Fahrenheit (°F)
Ground meat and meat mixtures	
Beef, pork, veal, lamb	160
Turkey, chicken	165
Fresh beef, veal, lamb	
Steaks, roasts, chops	145
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	160
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs and egg dishes	
Eggs	Cook until yolk and white are firm.
Egg dishes	160
Seafood	
Fish	145
	Cook fish until it is opaque (milky white) and flakes with a fork.
Shellfish	
<i>Shrimp, lobster, scallops</i>	Cook until the flesh of shrimp and lobster are an opaque color. Scallops should be opaque and firm.
<i>Clams, mussels, oysters</i>	Cook until their shells open. This means that they are done. Throw away any that were already open before cooking as well as ones that did not open after cooking.
Casseroles and reheated leftovers	165

**Consumers should use a food thermometer to determine internal temperatures of foods.