

Food Cooking Temperatures	
°F	
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160°
Turkey, Chicken	165°
Fresh Beef, Veal, Lamb	
Medium Rare	145°
Medium	160°
Well Done	170°
Poultry	
Chicken & Turkey, whole	165°
Poultry breasts, roast	165°
Poultry thighs, wings	165°
Duck & Goose	165°
Stuffing	165°
Fresh Pork	
Medium	160°
Well Done	170°
Ham	
Fresh (raw)	160°
Pre-cooked (to reheat)	140°
Eggs & Egg Dishes	
Eggs	Until firm
Egg dishes	160°
Fish & Shellfish	
Any type	145°