

Proper Cooking Temperatures for Safe Food At Home

MINNESOTA DEPARTMENT OF HEALTH CONSUMER FACT SHEET

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.

Use a thermometer to check temperatures. Cook to the internal temperatures listed below in degrees Fahrenheit.

Fresh Meats

Ground meats (veal, beef, lamb, pork, deer, moose, elk or caribou)	160°F
Fresh meats (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
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Rabbit

Rabbit	160°F
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Ham

Fresh (raw) ham or shoulder	160°F
Precooked ham (reheat)	140°F

Eggs

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.