

## Safe Minimum Internal Temperature Chart for Cooking

Food	Type	Internal Temperature (°F/°C)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F (63°C) <b>Rest time: 3 minutes</b>
	Ground meat and sausage	160°F (71°C)
Casseroles	Meat and meatless	165°F (74°C)
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and <a href="#">stuffing</a> inside poultry.  See USDA's <a href="#">Turkey Thawing Calculator</a> and <a href="#">Turkey Cooking Calculator</a> .	165°F (74°C)
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F (71°C)
	Casseroles (containing meat and poultry)	165°F (74°C)
Ham	Raw ham	145°F (63°C) <b>Rest time: 3 minutes</b>
	Precooked ham (to reheat)	165°F (74°C) <b>Note:</b> Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C)
Leftovers	Any type	165°F (74°C)
Pork	Steaks, roasts, chops	145°F (63°C) <b>Rest time: 3 minutes</b>
	Ground meat and sausage	160°F (71°C)
Rabbit and venison	Wild or farm-raised	160°F (71°C)
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145°F (63°C) or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and	Cook until flesh is pearly or

Food	Type	Internal Temperature (°F/°C)
	scallops	white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

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