Safe Minimum Cooking Temperatures

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Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

Why the Rest Time is Important
After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time. During the rest time, its temperature remains constant or continues to rise, which destroys harmful bacteria.

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	71°C	None
	Turkey, Chicken	74°C	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	63°C	3 minutes
Poultry	Chicken & Turkey, whole	74°C	None
	Poultry breasts, roasts	74°C	None
	Poultry thighs, legs, wings	74°C	None
	Duck & Goose	74°C	None
	Stuffing (cooked alone or in bird)	74°C	None
Pork and Ham	Fresh pork	63°C	3 minutes
	Fresh ham (raw)	63°C	3 minutes
	Precooked ham (to reheat)	60°C	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm.	None
	Egg dishes	71°C	None
Leftovers & Casseroles	Leftovers	74°C	None
	Casseroles	74°C	None
Seafood	Fin Fish	63°C or cook until flesh is opaque and separates easily with a fork.	None
	Prawns, lobster and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None