

Safe Minimum Internal Temperature Chart for Cooking

Food	Type	Internal Temperature (°F)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Casseroles	Meat and meatless	165
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Ham	Raw ham	145 Rest time: 3 minutes
	Precooked ham (to reheat)	165 Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F
Leftovers	Any type	165
Pork	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Rabbit and venison	Wild or farm-raised	160
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145 or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

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