



Safe Minimum Cooking Temperatures Chart

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160°
	Turkey, chicken	165°
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145°
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165°
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145°
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165°