

# SAFE COOKING TEMPERATURES

Food Type	Internal Temperature
<b>Ground Meat &amp; Meat Mixtures</b>	
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
<b>Fresh Beef, Pork, Veal, &amp; Lamb</b>	145°F with a 3 minute rest
<b>Poultry</b>	165°F
<b>Ham</b>	
Fresh (raw)	145°F with a 3 minute rest
Pre-cooked (to reheat)	140°F
<b>Eggs and Egg Dishes</b>	
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
<b>Seafood</b>	
Fin Fish	145°F or flesh is opaque & separates easily with a fork
Shrimp, Lobster, Crabs	Flesh pearly & opaque
Clams, Oysters, Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
<b>Leftovers &amp; Casseroles</b>	165°F

Note: Measure internal temperature with a clean food thermometer.