



Safe Meat Temperature Guide

Use a food thermometer for accuracy. Insert into the thickest part of the meat, avoiding bone or fat.
Always let meat rest for 3 minutes after reaching temperature — it continues cooking and ensures safety.

Protein	Safe Internal Temp (°F / °C)	Notes
Chicken & Turkey (whole or pieces)	165°F / 74°C	Juices run clear; no pink inside.
Ground Poultry	165°F / 74°C	Fully cooked through; moist but opaque
Beef, Veal, Lamb – Steaks & Roasts	145°F / 63°C + 3 min rest	Medium-rare to medium; safe after rest.
Ground Beef, Veal, Lamb	160°F / 71°C	No visible pink; hot center.
Pork (chops, roasts, tenderloin)	145°F / 63°C + 3 min rest	Slight blush of pink is fine when rested
Ground Pork or Sausage	160°F / 71°C	Cooked firm and opaque.
Ham (fresh, raw)	145°F / 63°C + 3 min rest	Fully cooked ham: reheat to 140°F / 60°C
Fish (fillets, steaks)	145°F / 63°C	Flesh opaque, flakes easily with a fork.
Shellfish (shrimp, crab, lobster)	Cook until opaque & pearly	No thermometer needed; visual cue is key
Eggs & Dishes with Eggs	160°F / 71°C	Yolks and whites firm; no runny spots.

Reheating & Holding

- Leftovers: Reheat to 165°F / 74°C.
- Soups & Sauces: Bring to a rolling boil.
- Hot Holding: Keep food above 140°F / 60°C.
- Cold Storage: Store cooked meat below 40°F / 4°C.

Pro Tip: Calibrate your thermometer monthly. Ice water should read 32°F / 0°C; boiling water 212°F / 100°C.

Remember: Safety builds confidence — and confidence makes flavor possible.