



The .gov means it's official.

Federal government websites often end in .gov or .mil. Before sharing sensitive information, make sure you're on a federal government site.



The site is secure.

The **https://** ensures that you are connecting to the official website and that any information you provide is encrypted and transmitted securely.



[ABOUT FSIS](#)

[CONTACT US](#)

[CAREERS](#)

[NEWS & EVENTS](#)

FOOD SAFETY

SCIENCE & DATA

POLICY

INSPECTION

RECALLS

[</recalls>](#)

SEARCH

[</search>](#)

FULL MENU

ALERT: Brazilian Taste Recalls Frozen Chicken... See more details

[</recalls-alerts/brazilian-taste-recalls-frozen-chicken-and-beef-croquette-products-due-misbranding>](#)

Food Safety

Recalls & Public Health Alerts
[</recalls>](#)

Food Safety Stats

Foodborne Illness and Disease
[</food-safety/foodborne-illness-and-disease>](#)

Safe Food Handling and Preparation
[</food-safety/safe-food-handling-and-preparation>](#)

Food Safety Basics
[</food-safety/safe-food-handling-and-preparation/food-safety-basics>](#)

Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking and storage are essential in preventing foodborne illness. You can't see, smell or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean** — Wash hands and surfaces often.
- **Separate** — Separate raw meat from other foods.
- **Cook** — Cook to the right temperature.
- **Chill** — Refrigerate food promptly.

Additives in Meat and Poultry Products </food-safety/safe-food-handling-and-preparation/food-safety-basics/additives-meat-and-poultry>

Aditivos en Productos Cárnicos y Avícolas </food-safety/safe-food-handling-and-preparation/food-safety-basics/aditivos-en-productos-carnicos-y>

Agua en Carnes y Aves </food-safety/safe-food-handling-and-preparation/food-safety-basics/agua-en-carnes-y-aves>

Ahumar Carnes y Aves </food-safety/safe-food-handling-and-preparation/food-safety-basics/ahumar-carnes-y-aves>

Air Fryers and Food Safety </food-safety/safe-food-handling-and-preparation/food-safety-basics/air-fryers-and-food-safety>

Alergias Alimentarias: Los “9 Grandes” </food-safety/safe-food-handling-and-preparation/food-safety-basics/alergias-alimentarias-los-9>

Appliance Thermometers </food-safety/safe-food-handling-and-preparation/food-safety-basics/appliance-thermometers>

Asar a la parrilla y seguridad alimentaria </food-safety/safe-food-handling-and-preparation/food-safety-basics/asar-la-parrilla-y-seguridad>

Cook all food to these minimum internal temperatures, as measured with a food thermometer, before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal and Lamb Steaks, Chops and Roasts	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Ground Meats	160 degrees F (71.1 degrees C)
Ground Poultry	165 degrees F
Ham, Fresh or Smoked (Uncooked)	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to Reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 degrees F (60 degrees C) and all others to 165 degrees F (73.9 degrees C).
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, Giblets and Stuffing)	165 degrees F (73.9 degrees C)
Eggs	160 degrees F (71.1 degrees C)
Fish & Shellfish	145 degrees F (62.8 degrees C)
Leftovers	165 degrees F (73.9 degrees C)
Casseroles	165 degrees F (73.9 degrees C)

Cleanliness Helps Prevent
Foodborne Illness </food-safety/safe-food-handling-and-preparation/food-safety-basics/cleanliness-helps-prevent>

Cocción Versus Seguridad </food-safety/safe-food-handling-and-preparation/food-safety-basics/coccion-versus-seguridad>

Cocinar en Hornos Microondas </food-safety/safe-food-handling-and-preparation/food-safety-basics/cocinar-en-hornos-microondas>

Cooking for Groups </food-safety/safe-food-handling-and-preparation/food-safety-basics/cooking-groups>

Cooking with Microwave Ovens </food-safety/safe-food-handling-and-preparation/food-safety-basics/cooking-microwave-ovens>

Cutting Boards </food-safety/safe-food-handling-and-preparation/food-safety-basics/cutting-boards>

Cómo Encontrar el Número de Establecimiento del USDA (EST) en el Empaque de Alimentos </food-safety/safe-food-handling-and-preparation/food-safety-basics/como-encontrar-el-numero-de>

Cómo las Temperaturas Afectan a los Alimentos </food-safety/safe-food-handling-and-preparation/food-safety-basics/como-las-temperaturas-affectan-a>

Featured Factsheets & Resources



Slow Cookers and Food Safety

At any time of year, a slow cooker can make life a little more convenient because by planning ahead, you save time later.

Cleanliness Helps Prevent Foodborne Illness

Cleanliness is a major factor in preventing foodborne illness. Washing hands with warm water and soap for at least 20 seconds can help eliminate germs from your hands.

Leftovers and Food Safety

Handle leftovers with care: make sure the food is cooked to a safe temperature and refrigerate any leftovers promptly.

Learn More 

Learn More 

Learn More 

Danger Zone 40F - 140F </food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f>

Deep Fat Frying </food-safety/safe-food-handling-and-preparation/food-safety-basics/deep-fat-frying>

Doneness Versus Safety </food-safety/safe-food-handling-and-preparation/food-safety-basics/doneness-versus-safety>

El Color de la Carne y Las Aves </food-safety/safe-food-handling-and-preparation/food-safety-basics/el-color-de-la-carne-y-las-aves>

El Gran Deshielo: Métodos Seguros para Descongelar </food-safety/safe-food-handling-and-preparation/food-safety-basics/el-gran-deshielo-metodos-seguros>

El Manejo Adecuado de los Alimentos Pedidos Por Correo </food-safety/safe-food-handling-and-preparation/food-safety-basics/el-manejo-adecuado-de-los>

Entendiendo las Retiradas de Alimentos del Mercado del FSIS </food-safety/safe-food-handling-and-preparation/food-safety-basics/entendiendo-las-retiradas-de>

Fechas en Productos Alimenticios </food-safety/safe-food-handling-and-preparation/food-safety-basics/fechas-en-productos-alimenticios>

sa
fet
y/
sa
fe-
fo
od
-
ha
nd
lin
g-
an
d-
pr
ep
ar
ati
on
/f
oo
d-
sa
fet
y-
ba
sic
s/
sl
o
w-
co
ok
er
s-
an
d-
fo
od
-
sa
fet
y>

oa
-
sa
fet
y/
sa
fe-
fo
od
-
ha
nd
lin
g-
an
d-
pr
ep
ar
ati
on
/f
oo
d-
sa
fet
y-
ba
sic
s/
cl
ea
nli
ne
ss
-
he
lp
s-
pr
ev
en
t>

io
od
-
sa
fet
y/
sa
fe-
fo
od
-
ha
nd
lin
g-
an
d-
pr
ep
ar
ati
on
/f
oo
d-
sa
fet
y-
ba
sic
s/
eft
ov
er
s-
an
d-
fo
od
-
sa
fet
y>

[Explore More Resources](#) </food-safety/safe-food-handling-and-preparation>

Last Updated: Apr 14, 2025

Food Allergies: The “Big 9” </food-safety/safe-food-handling-and-preparation/food-safety-basics/food-allergies-big-9>

Food Thermometers </food-safety/safe-food-handling-and-preparation/food-safety-basics/food-thermometers>

Freidoras de Aire y Seguridad Alimentaria </food-safety/safe-food-handling-and-preparation/food-safety-basics/freidoras-de-aire-y-seguridad>

Freír en Grasa y Seguridad Alimentaria </food-safety/safe-food-handling-and-preparation/food-safety-basics/freir-en-grasa-y-seguridad>

Glosario de Términos de Empaque </food-safety/safe-food-handling-and-preparation/food-safety-basics/glosario-de-terminos-de-empaque>

Glossary of Packaging Terms </food-safety/safe-food-handling-and-preparation/food-safety-basics/glossary-packaging-terms>

Grilling Food Safely </food-safety/safe-food-handling-and-preparation/food-safety-basics/grilling-food-safely>

Grilling and Food Safety </food-safety/safe-food-handling-and-preparation/food-safety-basics/grilling-and-food-safety>

**Guía del Consumidor Sobre
Inocuidad Alimentaria:
Tormentas y Huracanes Severos**
</food-safety/safe-food-handling-and-
preparation/food-safety-basics/guia-del-
consumidor-sobre>

High Altitude Cooking </food-
safety/safe-food-handling-and-
preparation/food-safety-basics/high-
altitude-cooking>

**Hongos en los Alimentos: ¿Son
Peligrosos?** </food-safety/safe-food-
handling-and-preparation/food-safety-
basics/hongos-en-los-alimentos-son>

How Temperatures Affect Food
</food-safety/safe-food-handling-and-
preparation/food-safety-basics/how-
temperatures-affect-food>

**How to Find the USDA
Establishment Number** </food-
safety/safe-food-handling-and-
preparation/food-safety-basics/how-find-
usda-establishment>

**Importación de Productos
Cárnicos, Avícolas y
Ovoproductos a Estados Unidos**
</food-safety/safe-food-handling-and-
preparation/food-safety-
basics/importacion-de-productos-
carnicos>

**Importing Meat, Poultry & Egg
Products US** </food-safety/safe-food-
handling-and-preparation/food-safety-
basics/importing-meat-poultry-egg>

Irradiation and Food Safety FAQ

</food-safety/safe-food-handling-and-preparation/food-safety-basics/irradiation-and-food-safety-faq>

Keeping "Bag" Lunches Safe

</food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe>

Keeping Food Safe During an Emergency

</food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-food-safe-during>

La Cocción En Elevaciones Altas

</food-safety/safe-food-handling-and-preparation/food-safety-basics/la-coccion-en-elevaciones-altas>

La Congelación Y Seguridad Alimentaria

</food-safety/safe-food-handling-and-preparation/food-safety-basics/la-congelacion-y-seguridad>

La Limpieza Ayuda a Prevenir Enfermedades Transmitidas Por Los Alimentos

</food-safety/safe-food-handling-and-preparation/food-safety-basics/la-limpieza-ayuda-a-prevenir>

Las Ollas de Cocción Lenta y la Seguridad Alimentaria

</food-safety/safe-food-handling-and-preparation/food-safety-basics/las-ollas-de-coccion-lenta-y-la>

Las Sobras de Comida e Inocuidad Alimentaria

</food-safety/safe-food-handling-and-preparation/food-safety-basics/las-sobras-de-comida-e-inocuidad>

Lavado de Alimentos: ¿Promueve la Inocuidad Alimentaria? </food-safety/safe-food-handling-and-preparation/food-safety-basics/lavado-de-alimentos-promueve-la>

Mail Order Food Safety </food-safety/safe-food-handling-and-preparation/food-safety-basics/mail-order-food-safety>

Manipulación Adecuada de Alimentos Para Llevar </food-safety/safe-food-handling-and-preparation/food-safety-basics/manipulacion-adecuada-de>

Mantenga los Alimentos Seguros
- Conceptos Básicos de Inocuidad Alimentaria </food-safety/safe-food-handling-and-preparation/food-safety-basics/mantenga-los-alimentos-seguros>

Manteniendo Seguros Los Almuerzos En "Bolsas" </food-safety/safe-food-handling-and-preparation/food-safety-basics/manteniendo-seguros-los-almuerzos>

Materiales de Empaque para Carnes y Aves </food-safety/safe-food-handling-and-preparation/food-safety-basics/materiales-de-empaque-para-carnes>

Meat and Poultry Labeling Terms
</food-safety/safe-food-handling-and-preparation/food-safety-basics/meat-and-poultry-labeling-terms>

Meat and Poultry Packaging
Materials </food-safety/safe-food-handling-and-preparation/food-safety-basics/meat-and-poultry-packaging>

Molds on Food: Are They Dangerous? </food-safety/safe-food-handling-and-preparation/food-safety-basics/molds-food-are-they-dangerous>

Natural Flavors on Meat and Poultry Labels </food-safety/safe-food-handling-and-preparation/food-safety-basics/natural-flavors-meat-and-poultry>

Preguntas Frecuentes Sobre Irradiación y Seguridad Alimentaria </food-safety/safe-food-handling-and-preparation/food-safety-basics/preguntas-frecuentes-sobre>

Preguntas y Respuestas Sobre la Seguridad Alimentaria Durante un Tailgate </food-safety/safe-food-handling-and-preparation/food-safety-basics/preguntas-y-respuestas-sobre-la>

Sabores Naturales de Carnes y Aves en las Etiquetas </food-safety/safe-food-handling-and-preparation/food-safety-basics/sabores-naturales-de-carnes-y>

Safe Handling of Take-Out Foods
</food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-handling-take-out-foods>

**Seguridad Alimentaria Durante
Caminatas, Campamentos y
Paseos en Bote** </food-safety/safe-
food-handling-and-preparation/food-
safety-basics/seguridad-alimentaria-
durante>

**Seguridad Alimentaria de
Comida No Perecedera** </food-
safety/safe-food-handling-and-
preparation/food-safety-
basics/seguridad-alimentaria-de-comida-
0>

Slow Cookers and Food Safety
</food-safety/safe-food-handling-and-
preparation/food-safety-basics/slow-
cookers-and-food-safety>

Smoking Meat and Poultry </food-
safety/safe-food-handling-and-
preparation/food-safety-basics/smoking-
meat-and-poultry>

**Tabla de Temperatura Interna
Mínima Segura** </food-safety/safe-
food-handling-and-preparation/food-
safety-basics/tabla-de-temperatura-
interna>

Tablas de Cortar </food-safety/safe-
food-handling-and-preparation/food-
safety-basics/tablas-de-cortar>

Tailgating Food Safety Q & A
</food-safety/safe-food-handling-and-
preparation/food-safety-basics/tailgating-
food-safety-q-a>

Termómetros para Alimentos
</food-safety/safe-food-handling-and-
preparation/food-safety-
basics/termometros-para-alimentos>

Termómetros para
Electrodomésticos </food-
safety/safe-food-handling-and-
preparation/food-safety-
basics/termometros-para>

Términos de Etiquetado de
Carnes y Aves </food-safety/safe-food-
handling-and-preparation/food-safety-
basics/terminos-de-etiquetado-de-
carnes>

Understanding FSIS Food Recalls
</food-safety/safe-food-handling-and-
preparation/food-safety-
basics/understanding-fsis-food-recalls>

Voluntarios Sobre la Seguridad
Alimentaria </food-safety/safe-food-
handling-and-preparation/food-safety-
basics/voluntarios-sobre-la-seguridad>

Water in Meat & Poultry </food-
safety/safe-food-handling-and-
preparation/food-safety-basics/water-
meat-poultry>

Zona de Peligro (40 F - 140 F)
</food-safety/safe-food-handling-and-
preparation/food-safety-basics/zona-de-
peligro-40-f-140-f>

Food Product Dating </food-
safety/safe-food-handling-and-
preparation/food-safety-basics/food-
product-dating>

Freezing and Food Safety </food-
safety/safe-food-handling-and-
preparation/food-safety-basics/freezing-
and-food-safety>

Leftovers and Food Safety </food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Refrigeration </food-safety/safe-food-handling-and-preparation/food-safety-basics/refrigeration>

Safe Temperature Chart </food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

Shelf-Stable Food </food-safety/safe-food-handling-and-preparation/food-safety-basics/shelf-stable-food>

The Big Thaw — Safe Defrosting Methods </food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods>

The Color of Meat and Poultry </food-safety/safe-food-handling-and-preparation/food-safety-basics/color-meat-and-poultry>

Washing Food: Does it Promote Food Safety? </food-safety/safe-food-handling-and-preparation/food-safety-basics/washing-food-does-it-promote-food>

Food Safety While Hiking, Camping & Boating </food-safety/safe-food-handling-and-preparation/food-safety-basics/food-safety-while-hiking-camping>

Meat & Catfish </food-safety/safe-food-handling-and-preparation/meat-catfish> 

Poultry </food-safety/safe-food-handling-and-preparation/poultry> 

Eggs </food-safety/safe-food-handling-and-preparation/eggs> 

Emergencies </food-safety/safe-food-handling-and-preparation/emergency-preparedness> 

USDA Meat and Poultry Hotline
</food-safety/safe-food-handling-and-preparation/usda-meat-and-poultry-hotline>

Brochures & Publications </food-safety/safe-food-handling-and-preparation/brochures-publications>

Food Defense and Emergency Response </food-safety/food-defense-and-emergency-response> 



ne
ws
-
ev
en
ts/
ne
ws
-
fe
ed
s-
su
bs
cri
pti
on
s>

Subscribe for Updates