



Safe Cooking Guidelines

saferecipeguide.org

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

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|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Beef, pork, veal and lamb <i>(roast, steaks and chops)</i> | 145°F With a three-minute “rest time” after removal from the heat source |
| Beef, pork, veal and lamb <i>(ground)</i> | 160°F |
| Poultry <i>(whole, parts or ground)</i> | 165°F |
| Eggs and egg dishes | 160°F Cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny |
| Leftovers | 165°F |
| Finfish | 145°F |
| Shrimp, lobster, crabs | Flesh pearly and opaque |
| Scallops | Milky white, opaque and firm |
| Clams, oysters and mussels | Shells open during cooking |

Source: United States Department of Agriculture

