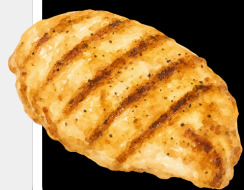


SAFE MEAT TEMPERATURES

a handy kitchen guide for perfectly cooked meat every time!



Chicken & Poultry

Whole chicken	165°F
Whole turkey	165°F
Chicken breast	165°F
Chicken thighs & legs	165°F

Chicken wings	165°F
Ground chicken	165°F
Ground turkey	165°F
Duck & goose	165°F
Game birds	165°F
Stuffing cooked inside poultry	165°F



Beef

Steaks (whole cuts)	145°F + 3 min. rest
Roast	145°F + 3 min. rest

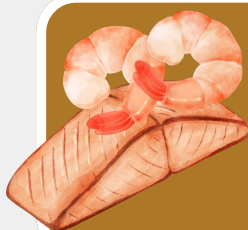
Ground Beef	165°F
Hamburgers	165°F
Beef Meatballs	165°F
Brisket	165°F



Pork

Pork Chops	145°F + 3 min. rest
Pork Tenderloin	145°F + 3 min. rest

Pork Loin Roast	145°F + 3 min. rest
Pork Steaks	145°F + 3 min. rest
Ground pork	165°F
Fresh ham (uncooked)	165°F



Seafood

Fish fillets	145°F
Whole fish	145°F
Shrimp	Cook until flesh is pearly and opaque

Lobster	Cook until flesh is opaque.
Scallops	Cook until firm & opaque.
Crab	Cook until flesh is opaque.



Lamb & Veal

Steaks	145°F + 3 min. rest
Chops	145°F + 3 min. rest

Roasts	145°F + 3 min. rest
Ground lamb/veal	160°F



Game Meat

Venison	160°F
Rabbit	160°F
Ground game meat	160°F