



# Internal Cooking Temperatures for Food Safety

## Required Minimum Internal Cooking Temperatures:

- **165°F (74°C) for 1 second (instantaneous)**
  - All whole or ground Poultry
  - All stuffed meat, poultry, seafood or pasta
  - Stuffing made with fish, meat or poultry
- **155°F (68°C) for 17 seconds**
  - Ground meat including pork, beef, veal and lamb
  - Injected meats- including brined ham and flavor injected roasts
  - Mechanically tenderized meat
  - Ratites (including ostrich and emu)
  - Ground Seafood
  - Shell eggs that will be hot held for service
- **145°F (63°C) for 15 seconds**
  - Seafood including fish, shellfish and crustaceans
  - Steaks/Chops of pork, beef, veal and lamb
  - Commercially raised game
  - Shell eggs that will be served immediately
- **145°F (63°C) for 4 minutes**
  - Roasts of pork, beef, veal and lamb
- **135°F (57°C) no minimum time**
  - Food from plants including fruit, vegetables, grains, legumes, beans and refried beans that will be hot held for service

## Reheating internal temperatures

- Commercially processed and packaged ready to eat food can be reheated to an internal temperature of at least 135°F (57°C)
- In House made products must be reheated to 165°F for 15 seconds