Minimum Safe Internal Cooking Temperatures

Kill Microorganisms to Make Food Safe

Take temperatures at the thermal center of the food. Hold temperatures for at least 15 seconds.

165° F
- Poultry
- Stuffed fish
- Stuffed meat
- Stuffing containing meat
- Anything in the microwave
- Reheating previously prepared foods

155° F
- Ground beef
- Ground pork
- Injected meats
- Comminuted meats
- Eggs to be held

145° F
- Beef roast
- Corned beef
- Pork
- Fish
- Eggs for immediate service

Food Safety Program 441-6280