## 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





Pork

Fish



Eggs for immediate service