SAFE MINIMUM INTERNAL TEMPERATURES

140 °F (60 °C)  
FULLY COOKED HAM (to reheat)  
(packed in USDA-inspected plants)

145 °F (62.8 °C)  
FISH & SHELLFISH
FRESH BEEF, VEAL, & LAMB (steaks, roasts, chops)

160 °F (71.1 °C)  
GROUND MEATS AND MIXTURES (beef, pork, veal, lamb)
EGGS (Cook until yolk and white are firm);  
EGG DISHES, FRESH PORK, FRESH RAW HAM

165 °F (73.9 °C)  
Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)
Turkey, Fully Cooked Ham (to reheat)  
(packed in non-USDA-inspected plants)
Duck & Goose, Leftovers, Casseroles