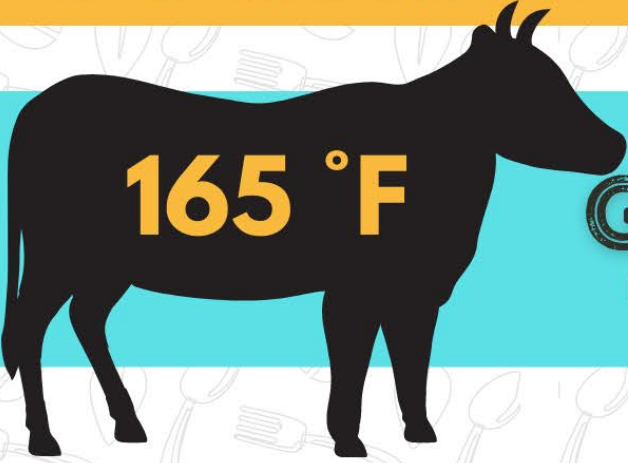




SAFE MINIMUM COOKING TEMPERATURES



165 °F

GROUND MEAT

BEEF, PORK, VEAL, LAMB, TURKEY, CHICKEN

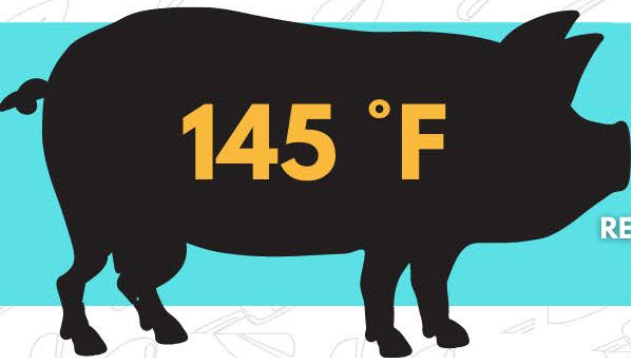
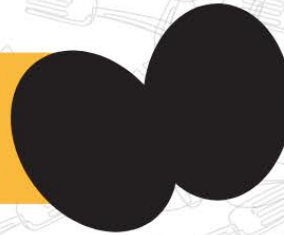
ALL POULTRY

BREASTS, WHOLE BIRD, LEGS, THIGHS, WINGS,
GROUND POULTRY, GIBLETS AND STUFFING



165 °F

EGGS: 160 °F



145 °F

FRESH PORK

INCLUDING FRESH HAM
REST TIME: 3 MINUTES. NOTE: REHEAT COOKED HAMS
PACKAGED IN USDA-INSPECTED PLANTS TO 140

SEAFOOD

FISH WITH FINS, SHRIMP, LOBSTER, CRAB, AND
SCALLOPS, CLAMS, OYSTERS AND MUSSELS



145 °F