

Internal Cooking Temperatures for Food Safety

Required minimum internal cooking temperatures:

- 165°F (74°C) for 1 second (instantaneous).
 - Poultry - whole or ground turkey, chicken, and duck.
 - 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. Including game animals commercially raised and inspected.
 - Injected meats - including brined ham and flavor injected roasts.
 - Mechanically tenderized meat with needles or blades.
 - Meat vacuum-tumbled with marinades or other solutions.
 - 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, and legumes (beans and refried beans) that will be hot held for service.
- Commercially processed and packaged ready to eat food can be reheated to an internal temperature of at least 135°F (57°C).
- Dishes that include previously cooked TCS ingredients must be reheated to 165°F for 15 seconds within two hours.