

Cooking Temperatures

Food	Internal Temperature
Ground meat, meat mixtures	
Chicken or turkey	165°F
Beef, veal, lamb, or pork	160°F
Beef, veal, lamb (roasts or steaks)	
Medium	160°F
Well done	170°F
Pork (chops, roasts, or ribs)	
Medium	160°F
Well done	170°F
Ham, sausage	
Fresh (raw)	160°F
Precooked (to reheat)	165°F
Poultry	
Chicken, turkey, duck, or goose (whole or pieces)	180°F
Poultry breasts	170°F
Stuffing (cooked separately)	170°F
Eggs, egg dishes	
Fried or poached	until yolk & white are firm
Egg dishes	160°F



Note

Bring sauces, soups, and gravy to a boil when reheating. Thoroughly heat other leftovers to at least 165°F.

Review Questions

Q. Why should foods be cooked thoroughly?

Foods should be thoroughly cooked to kill bacteria that can cause foodborne illnesses.

Q. What is the best way to ensure that foods are thoroughly cooked?

Using a thermometer is the best way to make sure that foods are cooked to appropriate temperatures.

Q. What temperature should ground beef reach when it is cooked?

160 degrees Fahrenheit.

Q. What consistency should eggs be when they are thoroughly cooked?

Both the egg yolk and the egg white should be firm. They should not be runny.