

Meat Internal Temperature Cooking Guide



POULTRY INTERNAL TEMPERATURE

165 F



PORK, LAMB, VEAL INTERNAL TEMPERATURE

145 F with 3 minute rest



GROUND MEAT INTERNAL TEMPERATURE

Ground beef, pork, lamb, and veal - 160 F

Ground chicken and turkey - 165 F



BEEF INTERNAL TEMPERATURE

145 F with 3 minute rest

Rare - cook pink center - 125 F

Medium rare - warm red center - 135 F

Medium - warm pink center - 145 F

Medium well - slight pink center - 150 F

Well - little or no pink - 160 F



SEAFOOD INTERNAL TEMPERATURE

Fish with fins - 145 F

Shrimp, lobster, crab, scallops - cook until flesh is opaque

Clams, oysters, mussels - cook until shells open during cooking
(discard any shells that do not open)