

Cooking Temperatures



165° F

(74°C)

- Chicken, turkey, duck and goose
- Stuffed meat: poultry, fish and pasta
- Reheated foods



155° F

(68°C)

- Ground beef, meatloaf
- Eggs for hold holding
- Chorizo and sausage
- Ground fish



145° F

(63°C)

- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

15 Second Rule
Cook to temperature for
at least 15 seconds