

Final Cooking Temperatures

Minimum Internal Cooking Temperature	Type of Food
165°F (74°C) for <1 second (instantaneous)	<ul style="list-style-type: none"> • Poultry- including whole or ground chicken, turkey, or duck • Stuffing made with fish, meat, or poultry • Stuffed meat, seafood, poultry, or pasta • Dishes that include previously cooked TCS ingredients
155°F (68°C) for 17 seconds	<ul style="list-style-type: none"> • Ground meat: including beef, pork, or other meat • Injected meat • Mechanically tenderized meat • Ratites: including ostrich and emu • Ground seafood • Shell eggs hot-held for service
145°F (63°C) for 15 seconds	<ul style="list-style-type: none"> • Steak/chops of pork, beef, veal, and lamb • Seafood: including fish, shellfish, and crustaceans • Commercially raised game • Shell eggs to be served immediately
145°F (63°C) for 4 minutes	<ul style="list-style-type: none"> • Roasts of pork, beef, veal, and lamb • Roasts may be cooked to alternative cooking time and temperatures depending on the type of roast and oven used
135°F (57°C)	<ul style="list-style-type: none"> • Fruit, vegetables, grains, and legumes