

Canadian Partnership for Consumer Food Safety Education

SAFE COOKING TEMPERATURES

*You can't tell by looking...
use a food thermometer to be sure!*

Internal temperature

Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb 71°C (160°F)

Turkey, Chicken 74°C (165°F)

Fresh Beef, Veal, Lamb

Medium Rare 63°C (145°F)

Medium 71°C (160°F)

Well Done 77°C (170°F)

Poultry

Chicken & Turkey, whole 85°C (185°F)

Poultry parts 74°C (165°F)

Duck & Goose 74°C (165°F)

Stuffing (cooked alone or in bird) 74°C (165°F)

Fresh Pork

Medium 71°C (160°F)

Ham

Fresh (raw) 71°C (160°F)

Pre-cooked (to reheat) 74°C (165°F)

Eggs & Egg Dishes

Egg dishes and casseroles 74°C (165°F)

Seafood

Fin Fish 70°C (158°F)

flesh is opaque

Shrimp, Lobster & Crabs 74°C (165°F)

flesh is pearly & opaque

Clams, Oysters & Mussels shells open during cooking

Scallops milky white or opaque & firm

Leftovers & Casseroles 74°C (165°F)