

Safe Cooking Temperatures Chart

USDA safe minimums. Use a food thermometer; Celsius values are rounded.

Food	Minimum temperature
Chicken and turkey	165 F / 74 C
Ground poultry	165 F / 74 C
Beef steaks and roasts	145 F / 63 C + 3 min rest
Pork chops and roasts	145 F / 63 C + 3 min rest
Ground beef or pork	160 F / 71 C
Fish	145 F / 63 C
Egg dishes	160 F / 71 C
Stuffing and leftovers	165 F / 74 C
Whole turkey	check breast, innermost thigh and wing.

- Check the thickest center without touching bone.
- Color and clear juices cannot verify safe doneness.

Jane’s Note

Keep an instant-read thermometer beside the stove. Check the thickest part of the food and keep the probe away from bone.

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