Temperature Guide

Safely cooking food is a matter of **temperature**. Foods need to reach a high enough inside temperature to kill bacteria that can cause foodborne illness.

A food thermometer is required to ensure that meat, poultry, seafood, and eggs are cooked to safe temperatures.

Minimum Internal Temperatures

135*F	Commercially processed, pre-cooked food such as cheese sticks, fully cooked chicken tenders, etc. Hot-held fruits, vegetables, grains, and legumes.
145*F	Seafood; steaks/chops of pork, beef, veal, or lamb; eggs that will be served immediately.
145*F	Roasts of pork, beef, veal or lamb. (Can vary, see 3-401.11)
155*F	Ground meat other than poultry; injected meat; ground, chopped, or minced seafood, eggs that will be hot held for service.
165*F	Whole or ground poultry; stuffing made with potentially hazardous ingredients; stuffed meat, seafood, poultry, or pasta; reheated dishes.

Color is not a reliable indicator of safe internal temperatures!