



FOOD SAFETY COOKING TEMPERATURES

- Beef
 - Ground - 160F
 - Roasts, Steaks & Chops - minimum of 145F (plus a 3-minute rest time) for food safety
 - Medium: 145°F (warm pink center)
 - Medium well: 150–155°F (warm, slightly pink center)
 - Well done: 160–165°F (little to no pink in the center)
- Casseroles - 165F
- Chicken, Turkey, Poultry - 165F
- Egg Dishes - 160F
- Eggs (Raw) - cook until yolk and white are firm
- Fin Fish - 145F or until flesh is no longer translucent and separates easily with a fork
- Ham (Precooked to Reheat) - 165F
- Ham (Raw) - 145F (plus a 3-minute rest time)
- Leftovers - 165F
- Mussels, Oysters & Clams - cook until shells open
- Pork
 - Chop or Roast - minimum 165F
 - Sausage - 160F - 165F
- Shrimp, Lobster, Crab & Scallops - cook until flesh is white and opaque

Some Tips:



To avoid food poisoning, always use a food thermometer to ensure that the food has reached safe cooking temperatures.

Find more food safety information at [FoodSafety.gov](https://www.foodsafety.gov).



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