



FOOD SAFETY FACTS

United States Department of Agriculture, Food Safety and Inspection Service

August 1999

COOK IT!

Cooking Temperature

| Product | °F |
|--|------------------------------------|
| Eggs & Egg Dishes | |
| Eggs | Cook until yolk and white are firm |
| Egg dishes | 160 |
| Ground Meat & Meat Mixtures | |
| Turkey, chicken | 165 |
| Veal, beef, lamb, pork | 160 |
| Fresh Beef | |
| Medium Rare | 145 |
| Medium | 160 |
| Well Done | 170 |
| Fresh Veal | |
| Medium Rare | 145 |
| Medium | 160 |
| Well Done | 170 |
| Fresh Lamb | |
| Medium Rare | 145 |
| Medium | 160 |
| Well Done | 170 |
| Fresh Pork | |
| Medium | 160 |
| Well Done | 170 |
| | |

| Poultry | |
|------------------------------------|--|
| Chicken, whole | 180 |
| Turkey, whole | 180 |
| Poultry breasts, roast | 170 |
| Poultry thighs, wings | 180 |
| Stuffing (cooked alone or in bird) | 165 |
| Duck & Goose | 180 |
| Ham | |
| Fresh (raw) | 160 |
| Pre-cooked (to reheat) | 140 |
| Seafood | |
| Fin Fish | Cook until opaque and flakes easily with a fork. |
| Shrimp, lobster, crab | Should turn red and flesh should become pearly opaque. |
| Scallops | Should turn milky white or opaque and firm. |
| Clams, mussels, oysters | Cook until shells open. |

Distributed August 1999 for use in September 1999 as part of the International Food Safety Council's [National Food Safety Education Month](#).

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