

Safe Minimum Internal Temperature for Food Preparation

Source: <https://www.fsis.usda.gov>



→ **Beef, Pork, & Lamb:**
145 °F (62.8 °C) + rest for 3 min



→ **Ham (fresh uncooked):**
145 °F (62.8 °C) + rest for 3 min



→ **Ground Meats:** 160 °F (71.1 °C)



→ **All Poultry:** 165 °F (73.9 °C)



→ **Ground Poultry:** 165 °F (73.9 °C)



→ **Eggs:** 160 °F (71.1 °C)



→ **Leftovers & Casseroles:**
165 °F (73.9 °C)



→ **Fish & Shellfish:** 145 °F (62.8 °C)

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