










Cooking temperatures chart

Category	°C	°F	
Beef, veal and lamb 			
Ground meat, for example, burgers, meatballs, sausages	71	160	
Pieces and whole cuts, for example, steaks and roasts			
	medium-rare	63	145
	medium	71	160
	well done	77	170
Mechanically tenderized beef and veal	63	145	
Be sure to turn mechanically tenderized steak over at least twice during cooking.			
Pork including ham, loin and ribs 			
Ground pork, for example, burgers, meatballs, sausages	71	160	
Pieces and whole cuts, for example, bone-in chops, boneless loin chops, rib roast, loin roast	71	160	
Poultry including chicken, duck and turkey 			
Frozen raw breaded chicken products, for example, nuggets, fingers, strips, burgers	74	165	
Ground poultry, for example, burgers, meatballs, sausages	74	165	
Pieces, for example, breasts, legs, thighs, wings	74	165	
Stuffing, cooked alone or in poultry	74	165	
Whole	82	180	
Eggs 			
Egg dishes, for example, frittata, omelette, quiche	74	165	
Seafood 			
Fish	70	158	
Shellfish and crustaceans, for example, crab, lobster, shrimp, clams, mussels, oysters, scallops	74	165	
When cooking clams, mussels, oysters and scallops in shells, throw away any that don't open.			
Leftovers 			
Leftovers	74	165	
Hot Dogs 			
Hot Dogs	74	165	
Game meats			
Ground meat, meat mixtures, ground venison and sausage	74	165	
Deer, elk, moose, caribou or reindeer, antelope, pronghorn	74	165	
Large game, for example, bear, bison, musk-ox, walrus	74	165	
Small game, for example, beaver, muskrat, hare	74	165	
Game birds or waterfowl including duck, goose, partridge, pheasant and wild turkey			
Pieces, for example, breasts, legs, thighs, wings	74	165	
Stuffing, cooked alone or in game bird	74	165	
Whole	82	180	

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