
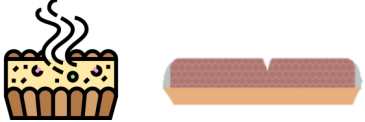







# Safe Minimum Cooking Temperatures

Measure with a calibrated food thermometer

Food Type	Examples	Internal Temperature (°F)
 <p><b>Poultry</b></p>	<p>Chicken, turkey, leftovers and casseroles</p>	<p>165 for &lt;1 second</p>
 <p><b>Ground meat &amp; Egg Dishes</b></p>	<p>Ground beef, pork, veal, and lamb Egg dishes (i.e. frittata and quiche)</p>	<p>160 for 17 seconds</p>
 <p><b>Whole Cuts</b></p>	<p>Steaks, roasts, and chop</p>	<p>145 for 15 seconds</p>
 <p><b>Fin Fish</b></p>	<p>Snapper, Mahi Mahi, Salmon</p>	<p>145 for 15 seconds; cook until flesh is opaque and separates easily with a fork</p>
 <p><b>Shellfish</b></p>	<p>Shrimp, lobster, crab, and scallops</p>	<p>Cook until flesh is pearly or white and opaque</p>
 <p><b>Shellfish</b></p>	<p>Clams, oysters, mussels</p>	<p>Cook until shells open during cooking</p>
 <p><b>Eggs</b></p>	<p>Eggs</p>	<p>Cook until yolk and white are firm</p>

