

COOKING TEMPERATURE CHART

Your Guide to Safe Cooking

165°F

Maintain temperature for at least 15 secs

- Fully-cooked poultry (for reheat)
- Casseroles (Turkey casserole, baked eggplant, and more)
- All stuffing and reheated leftovers
- Whole cuts (Chicken, goose, duck, and other poultry)

160°F

Maintain temperature for at least 15 secs

- Minced or ground meat (Lamb, turkey, pork, beef)
- Egg dishes (Scrambled egg, cheese frittata, and more)

145°F

Maintain temperature for at least 15 secs

- Fish (particularly fishes with fins)
- Fresh meat cuts (fresh meat steaks, chops, and roasts)

Note: Provide 3 minutes of rest before testing

135°F

- Vegetables and fruits that are required to be hot or warm before serving.

70 - 135°F

- Danger Zone: Bacteria can live between this temperature. Bacteria multiply and survive between 70 to 125°F