COOKING TEMPERATURES

165° F
(74°C)
- Chicken, turkey, duck, and goose
- Stuffed meat: poultry, fish and pasta
- Reheated foods

155° F
(68°C)
- Ground beef, meatloaf
- Eggs for holding
- Chorizo and sausage
- Ground fish

145° F
(63°C)
- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

15 Second Rule
Cook to temperature for at least 15 seconds