

COOKING TEMPERATURES



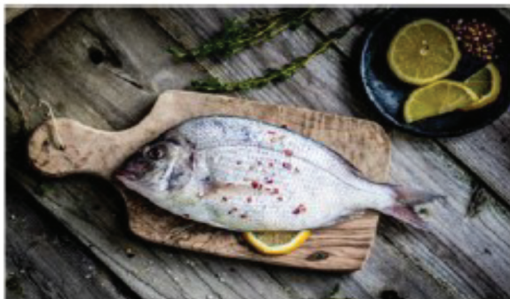
165° F
(74°C)

- 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



ADAMS COUNTY
HEALTH DEPARTMENT

Your Health. Our Mission.