

Food Safety Facts – Cooking Temperatures

| Product | °F |
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| Eggs & Egg Dishes | |
| Eggs | Cook until yolk and white are firm |
| Egg Dishes | 160 |
| Ground Meat & Meat Mixtures | |
| Turkey, Chicken | 165 |
| Veal, Beef, Lamb, Pork | 160 |
| Fresh Beef | 170 |
| Fresh Veal | 170 |
| Fresh Lamb | 170 |
| Fresh Pork | 170 |
| Poultry | |
| Chicken, Whole | 180 |
| Turkey, Whole | 180 |
| Poultry Breasts, Roast | 170 |
| Poultry Thighs, Wings | 180 |
| Stuffing (Cooked alone or in bird) | 165 |
| Duck & Goose | 180 |
| Ham | |
| Fresh (Raw) | 160 |
| Pre-cooked (To re-heat) | 140 |
| Seafood | |
| Fin Fish | Cook until opaque and flakes easily with fork |
| Shrimp, Lobster, Crab | Should turn red and flesh should become pearly opaque |
| Scallops | Should turn milky white or opaque and firm |
| Clams, Mussels, Oysters | Cook until shells open |

*Information collected from www.foodsafety.gov, Gateway to Government Food Safety Information