

Recommended Safe Minimum Internal Cooking Temperatures based on 2017 FDA Food Code



165°F for <1 second (instantaneous)

Poultry – Chicken, Turkey, Duck (whole or ground)
Stuffing – made with poultry, meat or fish
Stuffed Foods – Pasta, Poultry, Meat, Seafood
All foods that include TCS Food ingredients that have been previously cooked.



155°F for 17 seconds

Ground Meat – Beef, Pork and dishes containing ground meat
Mechanically tenderized meat
Ground Seafood – chopped or minced
Shell Eggs – to be Hot Held for service



145°F for 15 seconds

Steak & Chops – Beef, Pork, Veal, Lamb, Game
Seafood – Fish, Shellfish, Crustaceans
Shell Eggs – served immediately



145°F for 4 minutes

Roasts – Beef, Pork, Veal, Lamb	
Alternative Cooking Time & Temp	
130°F for 112 mins	138°F for 18 mins
131°F for 89 mins	140°F for 12 mins
133°F for 56 mins	142°F for 8 mins
135°F for 36 mins	144°F for 5 mins
136°F for 28 mins	



135°F - no minimum time

Vegetables, Grain, (rice, pasta), Legumes, (beans, refried beans), Fruit.
To be Hot Held for service

Please Note – These are temperatures recorded at the thickest part of the food

