Safe minimum internal temperature chart

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/guides/meat-temperature-chart/

Last checked November 15, 2026. Source: USDA FSIS, Safe Minimum Internal Temperature Chart; FoodSafety.gov, Cook to a Safe Minimum Internal

USDA safe minimum internal temperatures

Measure with a food thermometer in the thickest part. A dash means the source gives a visual test, not a number. Cooking higher is a personal choice; these are the minimums.

Food	Minimum	Celsius	Rest time
Beef, veal, lamb, bison, goat			
Steaks, chops and roasts	145 °F	63 °C	3 minutes
Pork			
Chops, roasts and steaks	145 °F	63 °C	3 minutes
Ground meat and sausage			
Ground beef, pork, veal, lamb and sausage	160 °F	71 °C	none stated
Poultry			
Ground poultry	165 °F	74 °C	none stated
Breasts, whole bird, legs, thighs, wings, giblets, stuffing	165 °F	74 °C	none stated
Ham			
Fresh or smoked ham (uncooked)	145 °F	63 °C	3 minutes
Fully cooked ham, reheating	165 °F	74 °C	none stated
Eggs			
Egg dishes (frittata, quiche) and eggs	160 °F	71 °C	none stated
Fish and shellfish			
Fish (whole or fillet)	145 °F	63 °C	none stated
Shrimp, lobster, crab, scallops; clams, oysters, mussels	-	-	none stated
Leftovers and casseroles			
Leftovers (any type) and casseroles	165 °F	74 °C	none stated
Game			
Rabbit and venison, wild or farm-raised	160 °F	71 °C	none stated