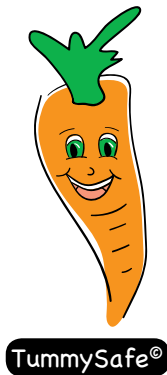


Safe End-Point Temperatures for Foods



PRODUCT	°F
Eggs and egg dishes	
eggs	Cook until yolk and whites are firm
egg dishes	160°
Ground meat and meat mixtures	
turkey, chicken	165°
veal, beef, lamb, pork	160°
Fresh beef	
medium rare	145°
medium	160°
well done	170°
Poultry	
chicken, whole	180°
turkey, whole	180°
poultry, breasts, roast	170°
poultry, thighs, wings	180°
stuffing (cooked alone or in bird)	165°
duck and goose	180°
Ham	
fresh (raw)	160°
pre-cooked (to reheat)	140°
Fresh veal	
medium rare	145°
medium	160°
well done	170°
Fresh lamb	
medium rare	145°

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