

KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at FoodSafety.gov

SAFE MINIMUM INTERNAL TEMPERATURES

As measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a 3-minute “rest time” after removal from the heat source.
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Ground Meats	160 °F
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Poultry (whole, parts or ground)	165 °F
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Eggs and egg dishes	160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
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Leftovers	165 °F
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Fin Fish	145 °F
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Safe Cooking Guidelines

Shrimp, Lobster, Crabs	Flesh pearly and opaque
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Clams, Oysters and Mussels	Shells open during cooking
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Scallops	Milky white, opaque and firm
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