



## Temperature Chart

Food Item	Internal Temperature
<a href="#">Get an accurate thermometer reading &gt;</a>	
Beef, lamb, veal ground products	
Hamburger – prepared as patties, meatballs, etc.	160F
Non-ground products (Roasts and steaks)	
Medium-rare	140-145F
Medium	160F
Well-done	170F
Pork (All cuts including ground products)	
Medium	160F
Well-done	170F
Fresh, raw ham	160F
Fully cooked ham, to reheat	140F
Egg dishes, casseroles	160F
Leftovers, reheated	165F
Poultry	
Ground chicken, turkey	165F
Whole chicken, turkey	165F
Boneless turkey roasts	170F
Poultry breast and roasts (white meat)	170F
Poultry thighs, wings and drumsticks (dark meat)	180F
Duck, goose	180F
Stuffing – cooked alone	165F
Seafood	
Fin fish - Cook until opaque and flakes easily with a 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	

Source: USDA

## How to Get an Accurate Thermometer Reading



- Red meats, roasts, steaks, chops and poultry pieces: insert in center of the thickest part, away from the bone, fat and gristle.
- Poultry (whole bird): insert in inner thigh area near the breast, but not touching bone.
- Ground meat and poultry: place in the thickest area of meatloaf or patty. With thin patties, insert sideways until reaching the center with the thermometer stem.
- Egg dishes and casseroles: insert in center or thickest area of the dish.

Important tip: wash the thermometer stem thoroughly in hot, soapy water after each use.