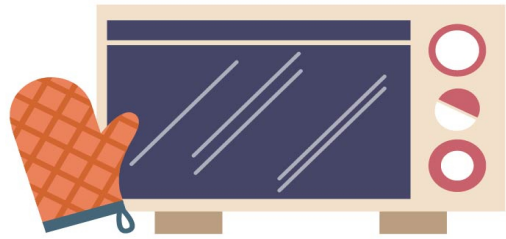


MEAT

Temperature Chart



MEAT		TEMPERATURE	REST TIME
Poultry	Whole chicken and turkey	165°F	NONE
	Poultry breasts, roasts poultry thighs	165°F	NONE
	Poultry legs, wings	165°F	NONE
	Duck/Goose	165°F	NONE
	Stuffing Bird	165°F	NONE
	Ground chicken/turkey	165°F	NONE
Pork	Ham raw	145°F	3 minutes
	Fresh pork	145°F	3 minutes
	Precooked ham	145°F	NONE
	Ground pork	160°F	NONE
Beef/Lamb	Ground	160°F	NONE
	Steaks, chops, roasts	165°F	3 minutes
Seafood	Fish	Cook until flesh is opaque	NONE
	Shrimp, lobster, crab	Cook until opaque	NONE
	Clams, oysters, mussels	Cook until shell open	NONE
	Scallops	Cook until opaque	NONE
Other Foods	Eggs	Cook until eggs is firm	NONE
	Eggs Dishes	160°F	NONE
	Leftovers	165°F	NONE
	Casseroles	165°F	NONE