

Meat: When Is It Done? – Part 2

FOOD	USDA/FSIS ¹	COMMONLY USED
Ground Meat & Meat Mixtures		
Beef, Pork, Veal, Lamb	160° F 71° C	160° F 71° C
Turkey, Chicken	165° F 74° C	165° F 74° C
Fresh Beef, Veal, Lamb		
Rare	2	120 - 130° F 50 - 55° C
Medium Rare	145° F 63° C	130 - 135° F 55 - 57° C
Medium	160° F 71° C	135 - 145° F 57 - 63° C
Medium Well Done	N/A	145 - 155° F 63 - 68° C
Well Done	170° F 75° C	155° F and Above 68° and Above
Poultry		
Chicken & Turkey, whole	165° F 74° C	165° F 74° C
Poultry breast, roast	165° F 74° C	150 - 155° F 65 - 68° C
Poultry thighs & wings	165° F 74° C	160 - 165° F 71 - 74° C
Duck & Goose	165° F 74° C	145 - 160° F 63 - 71° C
Stuffing, cooked alone or in bird	165° F 74° C	160 - 165° F 71 - 74° C
Fresh Pork		
Medium Rare	145° F ³ 63° C <i>(Plus 3 minute rest.)</i>	140 - 145° F 60 - 63° C
Well Done	160° F 71° C	145 - 155° F 63 - 68° C
Fish		
Rare <i>(Tuna)</i>	2	110 - 120° F ⁴ 43 - 50° C
Medium Rare <i>(Salmon, Marlin, Swordfish)</i>	2	130 - 140° F ⁴ 55 - 60° C
Medium <i>(All White Fish)</i>	2	140° F 60° C
Well Done (All Fish)	145° F 63° C	4
Ham		
Fresh/Cured (raw/partially cooked)	145° F ³ 63° C	152 - 155° F 67 - 68° C
Cured Fully Cooked (reheat)	140° F 60° C	140° F 60° C
Sausage ⁵		
Pork, Beef, Lamb	160° F 71° C	150 - 155° F 65 - 68° C
Chicken, Turkey	165° F 74° C	160° F 71° C