

FOOD	USDA/FSIS *	COMMONLY USED
Ground Meat & Meat Mixtures <small>*(USDA Temperatures as of May 24, 2011)</small>		
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	N/A	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 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>	N/A	110 - 120° F 43 - 50° C
Medium Rare <i>(Salmon, Marlin, Swordfish)</i>	N/A	130 - 140° F 55 - 60° C
Medium <i>(All White Fish)</i>	N/A	140° F 60° C
Well Done (All Fish)	145° F 63° C	145° F 63° C
Ham		
Fresh/Cured (raw/partially cooked)	145° F 63° C	140 - 145° F 60 - 63° C
Cured Fully Cooked (reheat)	140° F 60° C	140° F 60° C
Sausage		
Pork, Beef, Lamb	160° F 71° C	150 - 155° F 65 - 68° C
Chicken, Turkey	165° F 74° C	160° F 71° C
FOOD	Minimum Temperatures	COMMONLY USED
Tough Cuts of Meat		
Pork Butts, Brisket	160 - 180° F 71 - 82° C	180 - 205° F 82 - 96° C
Picnic Shoulder	160 - 180° F 71 - 82° C	170 - 180° F 77 - 82° C