

Cooking Temperatures - USDA Food Safety Standards

Food	Type	Internal Temperature (°F)
Beef & Veal	Ground	160
	Steaks, roasts—medium	160
	Steaks, roasts—rare	145
Chicken & Turkey	Breasts	165
	Ground, stuffed	165
	Whole bird, legs, thighs, wings	165
Fish & Shellfish	Any type	145
Lamb	Ground	160
	Steak, roasts—medium	160
	Steak, roasts—rare	145
Pork	Chops, ground, ribs, roasts	160
	Fully cooked ham	140