

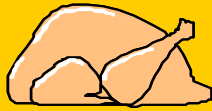
# COOKING TEMPERATURES

Cooking foods to the wrong temperature may cause foodborne illness!

## Minimum Safe Internal Cooking Temperatures

Poultry & Stuffed Food  
Reheat Leftovers  
Bare Hand Contacted Food

165°F



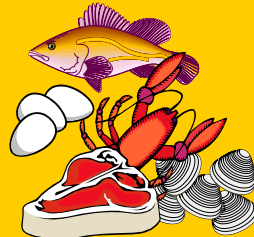
Ground & Tenderized Meat (except poultry)  
Eggs for hot holding

155°F



In shell eggs  
Fish & Shellfish  
Whole Beef  
Whole Pork  
Whole Lamb

145°F



Vegetables & Commercially Pre-cooked foods for hot holding  
Cooked or Reheated Food to be held hot

135°F

