



Safe Cooking Temperatures

Cook until the inside temperature of the food reaches the temperatures shown below, and then continue cooking for at least 15 seconds.

POULTRY

- Whole poultry82°C/180°F
- Stuffing in poultry74°C/165°F
- Cut poultry (breasts, thighs, wings)74°C/165°F
- Ground poultry74°C/165°F

MEAT

- Food mixtures (cooked food containing eggs, poultry, meat or fish)74°C/165°F
- Meat (beef, lamb, veal or goat)74°C/165°F
- Meat (roasts & steaks, medium done)74°C/165°F
- Meat (pork or fresh cured ham)74°C/165°F
- Meat (ground meat - beef, pork, veal, lamb etc.)74°C/165°F

