

# SAFE MINIMUM INTERNAL TEMPERATURES

AS MEASURED WITH A FOOD THERMOMETER

PROTEIN	TEMPERATURE / APPEARANCE
Beef, pork, veal, and lamb <i>(roast, steaks, and chops)</i>	<b>145° F</b> With a three-minute “rest time” after removal from the heat source
Beef, pork, veal, and lamb <i>(ground)</i>	<b>160° F</b>
Poultry <i>(whole, parts, or ground)</i>	<b>165° F</b>
Eggs and egg dishes	<b>160° F</b> Cook boiled eggs until both the yolk and the egg white are firm; scrambled eggs should not be runny
Leftovers	<b>165° F</b>
Finfish	<b>145° F</b>
Shrimp, lobster, and crabs	Flesh is pearly and opaque
Scallops	Milky white, opaque, and firm
Clams, oysters, and mussels	Shells open during cooking