



Northern New England



Poison Center

Safe Cooking Temperatures

Be sure and double check with a thermometer

Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb 160° F

Turkey, Chicken 165° F

Fresh Beef, Veal, Lamb

Medium Rare 145° F

Medium 160° F

Well Done 170° F

Poultry

Chicken & Turkey, whole 165° F

Poultry parts 165° F

Duck & Goose 165° F

Stuffing (cooked alone or in bird) 165° F

Leftovers and Casseroles 165° F

Fresh Pork

Medium 145° F

Ham

Fresh (raw) 145° F

Pre-cooked (to reheat) 140° F

Eggs & Egg Dishes

Egg dishes and casseroles 160°
Yolk and white are firm

Seafood

Fin fish (tuna, swordfish) 145° F
Flesh is solid color

Shrimp, Lobster & Crabs 145° F
Flesh is pearly & solid color

Clams, oysters & mussels Shells open when cooked

Scallops Milky white or solid color & firm

Temperature sources: USDA food and safety inspection service