Cooking Temperatures

165°F
(74°C)
- Chicken, turkey, duck, and goose
- Stuffed meat: poultry, fish, and pasta
- Reheated foods

155°F
(68°C)
- Ground beef, meatloaf
- Eggs for hot holding
- Chorizo and sausage
- Ground fish

145°F
(63°C)
- Whole muscle beef, lamb, veal, pork, and ham
- Fish, shellfish
- Eggs

15 Second Rule
Cook to temperature for at least 15 seconds

Tri-County Health Department

www.tchd.org
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