

# 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 hold holding
- Chorizo and sausage
- Ground fish



**145° F**

(63°C)

- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

  
**15 Second Rule**  
Cook to temperature for  
at least 15 seconds