



## Safe End Point Temperatures for Foods

PRODUCT	°F
Eggs and egg dishes	
Eggs	Cook until yolk and whites are firm
Egg dishes	160°
Ground meat and meat mixtures	
Turkey, chicken	165°
Veal, beef, lamb, pork	160°
Fresh beef	
medium rare	145°
medium	160°
well done	170°
Poultry	
Chicken, whole	180°
Turkey, whole	180°
Poultry, breasts, roast	170°
Poultry, thighs, wings	180°
Stuffing (cooked alone or in bird)	165°
Duck and goose	180°
Ham	
fresh (raw)	160°
pre-cooked (to reheat)	140°
Fresh veal	
medium rare	145°
medium	160°
well done	170°
Fresh lamb	
medium rare	145°