



UNIVERSITY of CALIFORNIA Agriculture & Natural Resources

Temperature Rules!
— for cooking foods at home.

145 °F	Beef, lamb & veal steaks & roasts, medium rare (medium 160 °F)
160 °F	Ground beef, pork, veal & lamb Pork chops, ribs & roasts Egg dishes
165 °F	Ground turkey & chicken Stuffing & casseroles Leftovers
170 °F	Chicken & turkey breasts
180 °F	Chicken & turkey whole bird, legs, thighs & wings

FSIS
Food Safety and Inspection Service
U.S. Department of Agriculture
www.fsis.usda.gov

USDA Meat and Poultry Hotline
1-800-535-4555 • TTY: 1-800-251-7072
E-mail: mph hotline.fsis@usda.gov

SERVE SAFE FOOD – CHECK IT WITH A FOOD THERMOMETER TO BE SURE!

A DIAL INSTANT-READ THERMOMETER, like the one shown above, is inexpensive and easy to use. Look for one that can be calibrated (adjusted for accuracy in temperature).

Place 2 to 2½ deep in the thickest part of the food (avoid touching a bone or the bottom of the pot).

Wait 20 seconds (count one-one thousand, two...)

Check temperature, using chart above.

Use this thermometer for burgers, chicken, sausages, roasts, casseroles, soups and fish and egg dishes.

To measure thin foods, insert sideways.

Do not leave thermometer in food while it is cooking.

Clean and sanitize (¼-tsp bleach per cup of water) the thermometer after use.