Safety is in the numbers

Cook meat, poultry, fish and seafood to their correct internal temperature. Check with a digital food thermometer to get it just right.

POULTRY
Pieces: 74°C (165°F)
Whole: 82°C (180°F)

SEAFOOD
Fish: 70°C (158°F)
Shellfish: 74°C (165°F)

BEEF, VEAL AND LAMB
Pieces and Whole
Medium-rare: 63°C (145°F)
Medium: 71°C (160°F)
Well done: 77°C (170°F)

Mechanically tenderized beef: 63°C (145°F)
(Turn steak over at least twice during cooking.)

PORK
Pieces and Whole
71°C (160°F)

GROUND MEAT AND MEAT MIXTURES
(burgers, sausages and meatballs)
Beef, veal, lamb and pork: 71°C (160°F)
Poultry (for example: chicken, turkey): 74°C (165°F)

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