

# Keep it Safe!

It's very important to cook meat, poultry, seafood and other cooked foods to the proper internal temperature to prevent food borne illnesses. But how can you tell if your main dish is ready and safe to serve? Using a food thermometer is the only true way to ensure your food is "up to temp" so if you don't own one already, go out and buy one today!

Consult the table below to keep track of safe minimum internal temperatures for your favorite foods. It's also important to let your proteins rest before serving. The temperature of food remains constant or continues to rise after you remove it from the grill, oven, pan, etc, destroying harmful bacteria.

Food Category	Type of Food	Safe Minimum Internal Temperature (°F)	Rest Time
<b>Ground Meat</b>	Beef, Pork, Veal, Lamb	160°	none
	Turkey, Chicken	165°	none
<b>Fresh Beef, Veal, Lamb</b>	Steaks, Roasts, Chops	145°	3 minutes
<b>Poultry</b>	Chicken & Turkey, whole	165°	none
	Poultry breasts, roasts	165°	none
	Poultry thighs, legs & wings	165°	none
	Duck, Goose	165°	none
	Stuffing (cooked alone or in bird)	165°	none
<b>Pork &amp; Ham</b>	Fresh Pork (chops, ribs, roast)	145°	3 minutes
	Fresh Ham (raw)	145°	3 minutes
	Pre-cooked Ham (to reheat)	140°	none
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk & white are firm	none
	Egg Dishes	160°	none
<b>Leftovers &amp; Casseroles</b>	Leftovers	165°	none
	Casseroles	165°	none
<b>Seafood</b>	Fish	145° or until flesh is opaque & flakes easily with a fork	none
	Shrimp, Lobster, Crabs	Cook until flesh is pearly & opaque & shells are red	none
	Clams, Oysters, Mussels	Cook until shells open	none
	Scallops	Cook until flesh is milky white or opaque & firm	none
<b>Sausage (choose clean, uncured varieties)</b>	Uncooked Sausage (beef, lamb, pork or veal)	160°	none
	Uncooked Sausage (turkey or chicken)	165°	none
	Precooked Sausage	165°	none