USDA Food Safety and Inspection Service
U.S. DEPARTMENT OF AGRICULTURE

Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.

Fish



145°F

Red Meat



Beef, Pork, Veal, & Lamb (Steaks, Roasts, & Chops)

145°F

(with a 3-minute rest time)

Ground Meat



Beef, Pork, Veal, & Lamb (Ground)

160°F

Egg Dishes



160°F

Poultry



Turkey, Chicken & Duck (Whole, Pieces & Ground)

165°F

Have more questions? Visit our website at **www.FSIS.USDA.gov** or contact the USDA Meat and Poultry Hotline at **1-888-MPHotline (1-888-674-6854)** or **MPHotline@usda.gov**.