

For hamburger to be safe to eat, it must be cooked to an internal temperature of 160°. This is the only way to make sure that all harmful bacteria that might be present have been killed. The color of the meat is not a reliable indicator that the meat has reached a temperature high enough to destroy harmful bacteria such as *E. coli*.

Do not eat ground beef that is still pink inside because harmful bacteria may not have been killed during cooking and can make you seriously sick.

Eggs should be cooked until the yolks and whites are firm. Don't use recipes in which eggs remain raw or only partially cooked because bacteria may be present. Use egg substitutes instead of fresh eggs. These have been pasteurized.

Fish should be opaque and flake easily with a fork.

Using a microwave? For best results and even heating, cover food, stir and rotate.

Bring sauces, soups and gravy to a boil when reheating.

Reheat leftovers thoroughly to at least 165°F. Cover leftovers while reheating to retain moisture.



# Keep Food Safe: Keep Food Hot—Cook it Safely

## Cooking Temperatures

Food Item	Minimum Internal Temperature
Ground	
beef, lamb, pork	160°F
turkey, chicken	165°
Roasts, steaks & chops	
beef, veal, lamb	145°
pork	160°
Whole chicken, turkey	165°
Chicken, turkey breasts, roasts	170°
Stuffing, alone or in bird	165°
Ham (reheat fully cooked)	140°
Ham (cook before eating)	160°
Leftovers	165°
Egg dishes (casseroles, etc.)	160°

*Consumer temperatures recommended by USDA and FDA.*



Use a clean thermometer, which measures the internal temperature of cooked foods. Make sure meat, poultry, casseroles and other foods are cooked all the way through.