

Meat Temperature Chart

www.ochef.com/418.htm

The US Department of Agriculture says the following temperatures will produce safely cooked, but still flavorful* meats:

| Meat | Internal Temp. | Centigrade |
|---|----------------|------------|
| Fresh ground beef, veal, lamb, pork | 160°F | 71°C |
| Beef, veal, lamb roasts, steaks, chops: medium rare | 145°F | 63°C |
| Beef, veal, lamb roasts, steaks, chops: medium | 160°F | 71°C |
| Beef, veal, lamb roasts, steaks, chops: well done | 170°F | 77°C |
| Fresh pork roasts, steaks, chops: medium | 160°F | 71°C |
| Fresh pork roasts, steaks, chops: well done | 170°F | 77°C |
| Ham: cooked before eating | 160°F | 71°C |
| Ham: fully cooked, to reheat | 140°F | 60°C |
| Ground chicken/turkey | 165° F | 74°C |
| Whole chicken/turkey | 180° F | 82°C |
| Poultry breasts, roasts | 170° F | 77°C |

* Not everyone agrees with the US Department of Agriculture.