

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.