


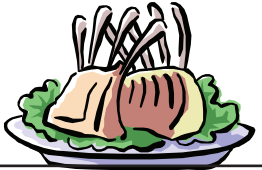





# Minimum Internal Cooking Temperatures

Product		Internal Cooking Temperatures
<b>Poultry</b> (whole or ground – duck, chicken, turkey) Stuffing, stuffed meat and dishes that include previously cooked, potentially hazardous ingredients 	<b>165°</b>	<b>165 F</b> (74 C) for 15 seconds
<b>Microwave-cooked</b> Eggs, poultry, fish, meat		<b>165 F</b> (74 C) Let stand two minutes after cooking
<b>Ground meats</b> Beef, pork, fish, other meat  <b>Injected meats</b> Includes brined ham and flavor-injected roasts  <b>Eggs</b> cooked for hot holding	<b>155°</b>	<b>155 F</b> (68C) for 15 seconds
<b>Pork, beef, lamb</b>  <b>Fish</b>  <b>Fresh shell eggs</b> for immediate service 		<b>145°</b>
<b>All hot holding foods</b> , including commercially-processed ready-to-eat foods, and fresh fruits and vegetables Reheating time for hot holding shall not exceed two hours (exception for unsliced meat roasts). Time as a Public Health Control may be used under certain conditions.	<b>135°</b> <b>Temp DANGER Zone</b>	
Potentially hazardous foods including cooked vegetables and beans, baked potatoes, cooked rice, cooked pasta, raw sprouts, cut melons, cut leafy greens and cut tomatoes.		Most ready-to-eat, potentially hazardous food, prepared and held more than 24 hours must be dated to ensure it is used or discarded within seven days.