

# “Is it *done* yet?”

You can't tell by *looking*. Use a *food thermometer* to be sure.

## USDA Recommended Safe Minimum Internal Temperatures



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

145 °F with a 3-minute rest time

Fish

145 °F

Beef, Veal, Lamb  
Ground

160 °F

Egg Dishes

160 °F

Turkey, Chicken & Duck  
Whole, Pieces & Ground

165 °F

## FoodSafety.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture  
Food Safety and Inspection Service

CLEAN



SEPARATE



COOK



CHILL



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