

Safe Cooking Guidelines

SAFE MINIMUM INTERNAL TEMPERATURES

as measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145 ° F with a three-minute “rest time” after removal from the heat source
Ground meats	160 ° F
Poultry (whole, parts or ground)	165 ° F
Eggs and egg dishes	160 ° F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165 ° F
Finfish	145 ° F

GUIDELINES FOR SEAFOOD

Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

THE FOUR WAYS TO FIGHT BAC!

CLEAN



SEPARATE



COOK



CHILL



Partnership for Food Safety Education

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

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