

Handout 3: Safe Internal Temperature Chart

Product	Minimum Internal Temperature and Rest Time
Fully Cooked Ham (to reheat): Reheat cooked hams packaged in USDA-inspected plants to 140°F and all others to 165°F.	Reheat cooked hams packaged in USDA-inspected plants to 140 °F and all others to 165 °F
Beef, Pork, Veal, and Lamb (steaks, chops, roasts)	145° F and allow to rest for at least 3 minutes
Uncooked Ham, fresh or smoked	145 °F and allow to rest for at least 3 minutes
Fish and Shellfish	145 °F
Ground Meats	160 °F
Eggs	160 °F
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F
Casseroles	165 °F

These temperatures are based on USDA/FSIS safe minimum internal temperature guidelines.

