FACT SHEET

Safe Cooking Temperatures

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Product	Celsius	Fahrenheit
Ground Meat and Meat Mixtures		
Turkey, chicken,	74° C 71° C	165° F
Veal, beef, lamb, pork		160° F
Beef and Veal	60-74° C	140-165° F
Pork	71° C	160° F
Poultry		
Whole poultry	82° C	180° F
Poultry parts and stuffing (cooked alone or in bird)	74° C	165° F
Duck, goose, pheasant	74° C	165° F
Ham	71° C	160° F
Seafoods Fish, shellfish and other seafoods	70° C	158° F

Hot Holding 60°C 140°F

and when reheating foods - heat to original cooking temperature



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For More Information: 613-345-5685 · 613-283-2740 www.healthunit.org



For more information, please call the Health ACTION Line at 1-800-660-5853 or visit our website at www.healthunit.org